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Thursday, April 3, 2014

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DAY 2: TAKE BACK THE INTERNET

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PAGES 10 & 11

REMEMBERING JON LORD

Labour Minister Thomas Lukaszuk speaks at Wednesday's public memorial service for former alderman and Calgary-Currie MLA Jon Lord, who died last week at the age of 57. Lord was remembered by friends, family and colleagues as a passionate, dedicated and thoughtful man. See story, page 4. ROBSON FLETCHER/METRO

Pot-friendly Alberta docs in short supply

'Gatekeepers'.
Federal reforms spark new rules for province's physicians

JEREMY NOLAIS
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Patients and experts fear prospective Alberta medicinal marijuana users will have an impossible time acquiring a prescription as new rules turn physicians into the "gatekeepers" of the drug.

The concerns stem from new regulations implemented by Health Canada April 1, which have put the onus on doctors across the country to determine who can turn to commercial growers to treat their ailments with cannabis.

Previously Health Canada had to approve applications to access the drug.

Numerous pro-marijuana advocates told Metro there were already very few doctors in Alberta willing to dole the bud, when compared with other provinces like B.C.

Fonda Betts, chief operation officer of GreenLeaf Medical Clinic in Abbotsford, B.C., said many doctors are hesitant to prescribe marijuana because it comes with a huge learning curve.

"It's a challenge for physicians who don't understand the cannabis landscape," she said.

"The medical marijuana industry is so fast-moving, you have to keep your finger on the pulse. The medicine is changing all the time," Betts added.

Meeting with patients via webcam, Betts said the doctor GreenLeaf has prescribed to a number of Albertans that can't find a doctor locally.

After federal reforms took effect this week, the College of Physicians and Surgeons of Alberta was prompted to introduce new pre-prescription regulations.

Among other requirements, physicians must now document more traditional treatments offered to their patient and provide evidence they have professional training specific to the use of marijuana before providing the drug.

College spokesperson Kelly Eby was quick to point out that the federal-regulating body Health Canada has not approved the use of marijuana but was required by the courts to provide "reasonable access."

Eby said the new rules turn the college's members into "gatekeepers" of the controversial substance, thus prompting the new requirements.

"Certainly, we've heard that their are concerns from (physicians) about their new role," she said.

Eby said the number of marijuana-friendly doctors in Alberta is not actively tracked.

But numerous users interviewed indicated anecdotally that bud-friendly physicians are few and far between.

WITH FILES FROM LEAH GERMAIN/METRO

Quoted

"It's a challenge for physicians who don't understand the cannabis landscape.... The medical marijuana industry is so fast-moving, you have to keep your finger on the pulse. The medicine is changing all the time."

Fonda Betts, chief operation officer of GreenLeaf Medical Clinic in Abbotsford, B.C.

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Measles.
Two cases linked to Western Canada High School

Two new cases of measles in Calgary have been confirmed and they involved exposure at a city high school, health officials said Wednesday.

"At this time, it is known that these cases are linked, are not travel related, and involve multiple exposure settings, including a Calgary-area high school," Alberta Health Services said in a release.

The school in question appears to be Western Canada High School.

A letter dated April 2 from AHS to parents, teachers and staff warns them that people who were at the school between 9 a.m. and 12:30 p.m. on Monday "may have been exposed to measles."

"Alberta Health Services Public Health is assessing the measles immunity status of all potentially exposed individuals, and is offering vaccine to susceptible persons to help prevent them from developing measles — this vaccine must be given on April 2 to provide that protection," the letter states. "Susceptible exposed persons who do not get vaccine on April 2 and do not develop measles from this exposure by April 21 should consider getting measles vaccine after April 21 to protect them from future exposures."

Dr. Judy MacDonald, the medical officer of health for the Calgary zone, is scheduled to address the media Thursday morning with more information. METRO

Owner fears drug addicts stole dog

Unexplained journey.
Taylor and Titan reunited after dog found in home across city

JEREMY NOLAIS
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Taylor Geraghty and her prized Rottweiler Titan were reunited Wednesday after the dog was found in a northwest Calgary home known to be the source of frequent noise complaints. COURTESY TAYLOR GERAGHTY

Taylor Geraghty feared she'd never see her prized purebred pooch again.

It's believed Titan, a five-year-old Rottweiler, was plucked from the backyard of her Forest Lawn home Friday evening.

Geraghty said the dog's collar had recently broken and she'd never gotten him microchipped or tattooed.

"He had no identification whatsoever," she said. "I was devastated — I blamed myself completely. I was a mess, a complete mess."

Geraghty plastered posters featuring a picture of Titan all over her neighbourhood and filed a lost-dog report with the Calgary Humane Society.

But the weekend passed and Titan remained unaccounted for.

Then, Geraghty got the strangest of calls Monday.

"I was basically told they'd found Titan in a drug house," she said. "I couldn't believe it. All I know was that he ended up there."

Animal and bylaw services did not substantiate claims that drugs were found in the home in question, located in the 400 block of 20 Avenue NW, but co-ordinator Doug Anderson did say the residence has been the source of repeated noise complaints in recent months.

One of his officers was responding to such a complaint when he or she spotted Titan nearby or inside the residence and became suspicious, Anderson said.

The report Geraghty filed with the humane society was later consulted to determine Titan's rightful owner.

Anderson cautioned as well that it can be tough to prove a dog was intentionally stolen, noting many people that come across pets roaming free often take them in and actively search for the animal's rightful owner themselves.

"We can read a lot into it, but it's just assumptions," he said of claims about the drug house and deliberate theft.

But Geraghty said, in her initial communication with bylaw officers, she was told that dogs are often seen as a possible source of income for drug addicts, and the animals are sometimes stolen for resale.

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Katie DeCecco sings Our Town at Calgary's Central United Church on Wednesday during the public funeral for Jon Lord, a man she said she's proud to call her dad. ROBSON FLETCHER/METRO

Jon Lord remembered as loving, passionate, talkative, thoughtful

Memorial service. Former alderman, MLA and mayoral candidate said to have inspired many with zeal for life

ROBSON FLETCHER
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Those who knew and loved Jon Lord say he was dedicated to his work, committed to his beliefs, open to others' points of view, vastly ahead of his time and passionate about almost everything he did — particularly politics, music and barbecue.

"Jon never really liked anything; he really loved everything," said Labour Minister Thomas Lukaszuk, who sat with Lord in the Alberta legislature during Lord's tenure as MLA for Calgary-Currie.

"When Jon believed something was right, there was no stopping him," said Infrastructure Minister Ric McIver, who said he looked up to Lord as a mentor when he was looking to get involved in politics in the 1990s.

Sheryl Guillame, Lord's partner in life and in business at his famous Casablanca video store, said she lost her best friend when Lord died suddenly at home last week.

"He was truly the only person that got close to understanding me," she said. "We loved so many things together. We loved learning, researching, watching movies and, most of all, talking."

David Brown said, even as a young child, his brother Jon was uncannily intelligent and profoundly engaged with the world around him.

"We always knew he was going to be special," Brown said. "He was bigger than life."

Lord was 57.

Ahead of his time

- As an alderman in the '90s, Jon Lord promoted "telework" to cut down on peak-hour commuting. Today, Calgary Economic Development is pushing the same idea, calling it "WorkShift."
- After several heavy snowstorms, Lord encouraged Calgarians to become "Snow Rangers" and shovel sidewalks for their elderly neighbours. Today, the city has a formal program called "Snow Angels" with the same aim.

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Grow-op accused 'said all the right things'

Tenant arrested.
Police say warehouse had been customized to grow marijuana

Duncan Irving thought he was being diligent when approving a tenant for a southeast warehouse owned by his father.

His prospective tenant was joined by a realtor, had a convincing backstory, even references to his company appeared legitimate when searched online. "Everything checked out," Irving said.

But police conducting a five-month investigation claim that tenant, 53-year-old Ping Ming Liu, was actually caring for in excess of 800 marijuana plants inside the facility, located in the 4000 block of 74th Avenue S.E.

Liu was also linked to a similar industrial site in the Airways area, where remnants of a previous grow operation were found.

Irving told reporters he only became suspicious after noticing two roof vents visible from outside the warehouse had been installed without consulting him. He was later stunned to learn the extent of what was allegedly going on inside.

"We would not have leased to this guy had he not come in with a realtor.... He said all the right things," said Irving, noting he's also filed a complaint with the Calgary Real Estate Board, amid suspicions the realtor may have been working in cahoots with his client to find an ideal grow site.

Liu was arrested March 20 without incident. Police said the total street value of drugs seized from the warehouse was more than $1 million.

JEREMY NOLAIS/METRO

To see photos of Irving's warehouse before it was cleaned up, head to metronews.ca

Duncan Irving is seen Wednesday inside his now remediated southeast Calgary warehouse. Irving's tenant is accused of running a grow-op. JEREMY NOLAIS/METRO

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Dinning declines on Tory leadership run

There has been plenty of tire-kicking, but so far no one has officially bought into Alberta's Progressive Conservative leadership race.

Party officials are expected to set the opening date of the campaign in a week or so, but one name some might have expected to see on a nomination list won't be there. Former Alberta treasurer and one-time Tory leadership candidate Jim Dinning says he won't be in the running to replace Alison Redford, who resigned March 23 amid growing concerns about her expenses and leadership style.

Dinning confirmed in an email on Wednesday that he isn't interested in the job but refused to comment further.

"I'm grateful to those Albertans who've asked me to run for the leadership. I thank you, but I believe my political 'best-before' date is behind me. I've done my tour of duty both as a public servant and an elected politician. It's time for new blood," Dinning wrote in an op-ed. THE CANADIAN PRESS

Jim Dinning THE CANADIAN PRESS FILE

Appeal Court

Woman who stole from kids' camp sent to jail

A Calgary-area woman who raided her employer's safe and stole $3,200 meant for a children's camp has been sent to jail.

The Alberta Court of Appeal has sentenced Anne Steward to one year behind bars — minus four months served under house arrest.

THE CANADIAN PRESS

Flood. $500K boost for Inglewood Bird Sanctuary

Calgary's Inglewood Bird Sanctuary will see flood damage repaired and a new outdoor classroom built with a $500,000 donation from TD bank.

"Following the devastating floods last spring, we wanted our donation to make an impact where we could help repair damage and contribute to an area for all Calgarians to experience and enjoy," TD deputy chair Frank McKenna said in a statement.

Many of the sanctuary's pathways are currently closed due to flood damage, but the Nature Centre and Colonel Walker House remain open to visitors until the rest of the area is restored.

"The Inglewood Bird Sanctuary is a protected area offering a respite for birds and other animals alike," city parks director Anne Charlton said in a release. METRO

Theatre still at risk despite Barron's historic designation

Preservation. Uptown Theatre was original vision of building's namesake

DARREN KRAUSE
darren.krause@metronews.ca

The province issued notice the iconic Barron Building will be designated a historic resource, but the Uptown Theatre on its ground floor wasn't extended the protection. BRYAN WEISMILLER/METRO

Historic designation of a downtown Calgary building won't protect its once-popular ground-level theatre that has its own roots in city history.

The now-abandoned Uptown Stage and Screen (formerly Uptown Theatre), located in the 11-storey Barron Building on 6 Street SW and Stephen Avenue, was exempted from the province's notice of historic designation, issued March 11, paving the way for its possible demolition, according to Matthew Wangler, executive director of the province's Historic Resource Management Branch.

Wangler said overwhelming cost to restore, limitations on tenancy and potential income derived from the theatre forced the compromise after the building's owner, Strategic Group, submitted a historic resources impact assessment along with redevelopment plans. The designation primarily protects the exterior of the building.

"That was a tricky issue," said Wangler.

"We didn't think it was appropriate to require the owner to preserve (the theatre) given those practical difficulties."

The Barron Building, completed in 1951, was to house a silver screen to expand the empire of cinema magnate Jacob Barron. After the 1947 Leduc oil discovery, Barron saw a boom on the horizon. The result was an office building with a ground-floor theatre — the Uptown. The offices later housed big names in oil and gas: Haliburton, Mobil, Shell and Trans-Canada Pipelines.

Wangler said the combination of its rare architecture — Moderne, seen at the time in cities like New York and Chicago — and as an icon of Calgary as the heart of oil and gas, ranked it top tier for historical designation.

Wangler said saving the theatre would be up to the city and Strategic to iron out.

Scott Jolliffe, chair of the Calgary Heritage Authority (CHA) was thrilled to hear of the Barron's historic designation, but said his department would be lobbying for the Uptown's preservation.

"The Uptown would be considered a tremendous loss — it made the Barron Building unique," he said.

"It was never designed to be just an office building."

Jolliffe said the CHA would attend the designation hearings and advocate for the protection of the Uptown Theatre.

Historic designation

- Hearings on the historic designation will have to take place within 60 days.
- This was a "designation without consent" of the owners, an "unusual" step done after the province learned of redevelopment plans, said Wangler.
- The building's owners, Strategic Group, didn't provide comment, despite repeated attempts to contact them.

Stevie Wonder tries out Calgary-developed tech for blind

Music icon Stevie Wonder tries out tactile touchscreen technology developed by Calgary-based Tactalis at the CSUN International Technology and Persons with Disabilities Conference in San Diego, Calif., in March. CONTRIBUTED

Stevie Wonder was among the people who recently got a chance to try out a Calgary-developed technology that aims to make tablet devices more accessible to the blind by letting them "feel" images on touchscreens.

"He thought it was pretty cool," Doug Hagedorn said, after returning from a conference in San Diego, Calif., where the famous blind musician was among the attendees.

Hagedorn is the founder and CEO of Tactalis (formerly known as Invici), a Calgary startup he launched in 2012 that now includes a half-dozen people on the team.

Their technology uses an array of magnets embedded beneath an LCD screen that can be activated and deactivated, corresponding with images on the display.

Using a metal stylus or a ring on the tip of the finger, users can then "feel" the images in a dynamic way.

"It's a very, very unique sensation," Hagedorn said.

The system also tracks hand movements and uses text-to-speech technology to read out relevant information based on the user's inputs.

Quoted

"It's a very, very unique sensation."

Doug Hagedorn, CEO of Tactalis, on the company's new technology that allows the blind to "feel" images on touchscreens.

Alberta CNIB executive director John McDonald said technology has been an "incredibly important enabler for people with vision loss" but accessibility often "lags behind" the ever-accelerating pace of new developments.

He applauded Tactalis for "really breaking some new ground" on that front.

"I'm really hopeful that the pace will continue and that accessibility, in some cases, will be less of an afterthought and more embedded in the front end of production of things," McDonald said.

Hagedorn said Tactalis aims to do its first manufacturing run by the end of this year — somewhere between 50 and 200 units — and then gather feedback from users to further refine the system before manufacturing more devices. ROBSON FLETCHER/METRO

Liquor kiosks

No supermarket booze in Alta., says AGLC

Alberta's liquor authority won't be considering stocking alcohol in major grocery stores following a decision by Ontario officials to pilot liquor kiosks inside major grocers. METRO

$1.6 million in donations

PC party president says cash flow is just fine

Jim McCormick, the president of Alberta's Progressive Conservatives, told members there is a lot of positives in the party's financials, despite nearly $1 million in debt the party has taken on. He emphasized that when $1.6 million in donations to the party's constituency association is added to its financial total, they have raised much more than the opposition parties. METRO

Jim McCormick THE CANADIAN PRESS FILE

Northeast of Coaldale

One injured in potato facility explosion

One person was injured in an explosion and fire at a potato storage facility in southwestern Alberta. Mounties say it happened Wednesday afternoon northeast of Coaldale. THE CANADIAN PRESS

Robbery and assault

Cops want public's help in assault case

Calgary police are seeking the public's help in tracking the man responsible for assaulting and robbing an elderly woman Tuesday.

The incident occurred around 2:45 p.m. in front of the Staples at 565 36th St. NE.

Police describe the suspect as being of Middle Eastern descent, between 20 to 30 years old with clean-cut, dark hair and a slim build. He was wearing a brown or dark-coloured bomber jacket, jeans and sunglasses. METRO

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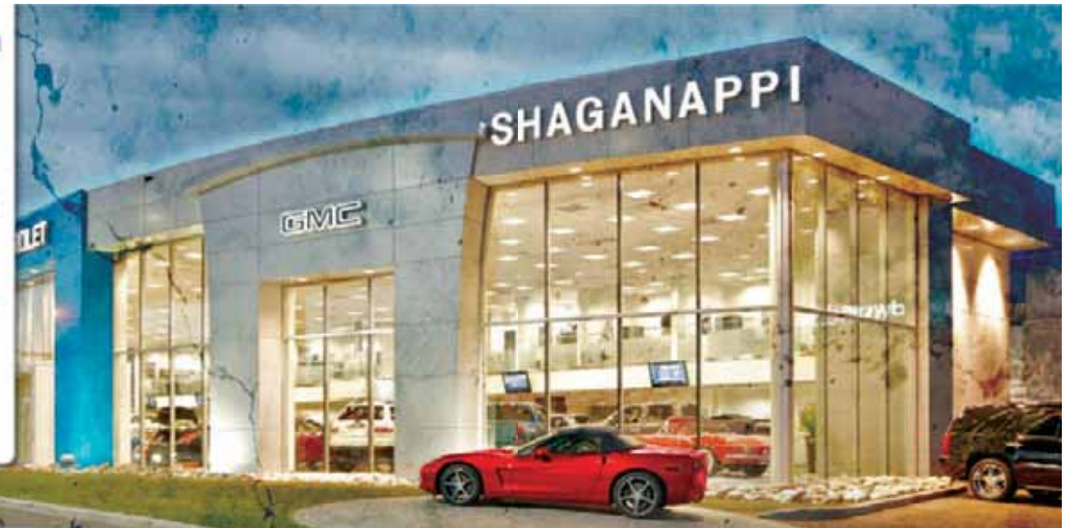

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‘It’s just a matter of time’ till they legalize it: Poll

Survey says. 75% of Americans think sale and use of marijuana will eventually be legal across the nation

Marijuana legalization in the U.S. seems inevitable to three-fourths of Americans, whether they support it or not, according to a poll out Wednesday.

The Pew Research Center survey on America’s shifting attitudes about drug policy also showed increased support for moving away from mandatory sentences for non-violent drug offenders.

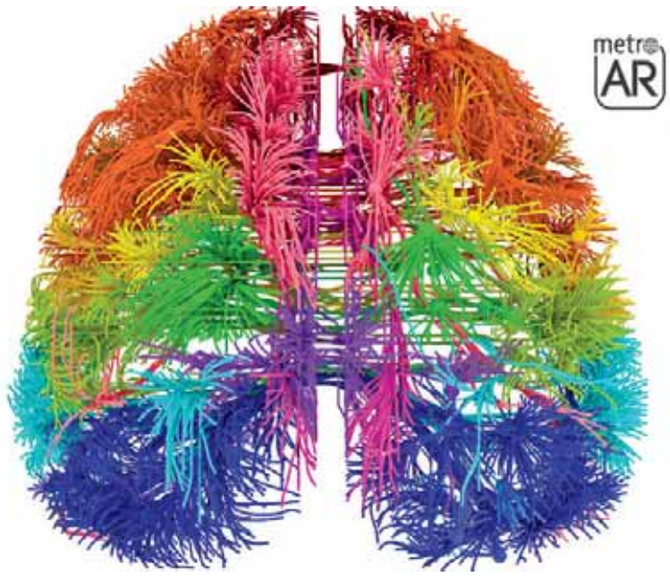
The telephone survey found that 75 per cent of respondents — including majorities of both supporters and opponents of legal marijuana — think that the sale and use of pot eventually will be legal nationwide. It was the first time that question had been asked.

Most Americans think legal marijuana is inevitable, according to a new Pew Research poll. THE CANADIAN PRESS FILE

Some 39 per cent of respondents said pot should be legal for personal adult use. Forty-four per cent of those surveyed said it should be legal only for medicinal use. Just 16 per cent said it should not be legal at all.

The responses come as two states have legalized recreational marijuana, with more than 20 states and Washington, D.C., allowing some medical use of the drug.

“It’s just a matter of time before it’s in more states,” said Steve Pratley of Denver, a 51-year-old pipefitter who voted for legalization in Colorado in 2012. THE ASSOCIATED PRESS



OK, make a left at scaring housewives, then go straight until you hit loving to eat cheese

This image provided by the Allen Institute for Brain Science shows a top-down map of connections originating from different cortical areas of the brain of a mouse. Scientists have created the first brain-wide wiring diagram for a mammal at such a level of detail. Scan the image with your Metro News app to see other images, including nerve cells making direct connections, connections between four visual areas and a circular wiring diagram of connections among 215 regions.

ALLEN INSTITUTE FOR BRAIN SCIENCE/THE ASSOCIATED PRESS

See that symbol? It means you can scan this image with your Metro News app to see a photo gallery of images from a mouse’s brain-wide wiring diagram.

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See that symbol? It means you can scan this image with your Metro News app to see Edward Snowden's TED Talk where he explains how to take back the Internet.

Canadians 'should be outraged' by Wi-Fi spy allegations: MP

Snowden documents. CSEC says it only 'incidentally' intercepts Canadian communications

JOE LOFARO
Metro in Ottawa

Documents leaked by Edward Snowden seem to show the Canadian government was snooping on its citizens at the airport. CONTRIBUTED

If protecting the privacy of Canadians is Communications Security Establishment Canada's "most important principle," why do documents leaked by Edward Snowden appear to indicate the spy agency snooped on Canadian citizens at a Canadian airport?

It's a question that's sparked debate in Parliament and one that NDP digital issues critic Charmaine Borg still struggles with. Borg said Canadians "should be outraged" by allegations published in a January CBC News report which said CSEC spied on Canadians by scooping up metadata from a free Wi-Fi network.

CSEC chief John Forster defended his agency's actions, saying it only "incidentally" intercepts Canadian communications while targeting foreigners.

Metro was denied multiple requests for an interview with Public Safety Canada, the ministry responsible for cybersecurity, and its minster, Steven Blaney.

"Our Government takes cybersecurity seriously and operates on the advice of security experts," wrote Blaney's press secretary, Jason Tamming, in an email, which also mentioned a $245-million investment in the government's Cyber Security Strategy. The strategy was designed to protect public and private sector IT networks and the personal information of Canadians against online threats.

In another email to Metro, Sabrina Meheš, a Public Safety spokesperson, noted Canadian intelligence agencies are subject to "multiple layers of scrutiny."

"CSEC and CSIS, are both subject to independent review," wrote Meheš. "There is also judicial oversight of more intrusive CSIS activities, and Ministerial approval of certain CSEC and CSIS activities."

But Borg and privacy advocates worry about more than just the government. In 2013 Borg tabled a private member's bill to give the federal privacy commissioner powers to hold private firms more accountable. Bill C-475, however, did not pass second reading in January.

As for what Canada is doing to protect the privacy of Canadians from corporations and hackers, Meheš referred Metro to the same Cyber Security Strategy.

Sometimes the law isn't enough. When firms break the law, the privacy commissioner can only make corrective recommendations and hope for the best.

"Here in Canada, all they get is a meager slap on the wrist," said Borg. "If there are repercussions for violating our privacy laws, these organizations will start to treat the privacy of Canadians more seriously."

WITH FILES FROM TORSTAR NEWS SERVICE

Privacy

Why you should care

The question of what law-abiding people have to fear from government spying is likely self evident to anyone who has ever deleted their browsing history, but the question always comes up — why should we care?

In his recent Ted Talk in Vancouver via Skype, Edward Snowden addressed the question head on.

"The first thing is, you're giving up your rights. You're saying hey, you know, I don't think I'm going to need them," Snowden said. "People should be able to buy a book online, they should be able to travel by train, they should be able to buy an airline ticket without wondering about how these events are going to look to an agent of the government, possibly not even your government, years in the future."

No one knows for sure

What's legal? What's not?

We may be starting to slowly understand what our governments are really up to these days after NSA whistleblower Edward Snowden began exposing government spying techniques to the world last summer.

But examining the magnitude of the Canadian government's spying efforts on its own people makes it clear there's still a lot we don't know.

"When you look at the totality of what Snowden has revealed, we find that virtually all our communication, it would seem, is captured in some form," said Michael Geist, Canada research chair in Internet and e-commerce law at the University of Ottawa. "It's pretty scary."

What's scarier is the broad interpretation of Canadian laws that don't seem to protect any of our online data.

'World of secrets'

"We are stuck in this world of secrets and a wilderness of mirrors, not really knowing what is going on or if we should feel comforted or feel deeply troubled or somewhere in between."
Wesley Wark, leading security expert

Sure, there are clear boundaries set for the Canadian Security Intelligence Service (CSIS) and the RCMP, but when it comes to CSEC, the lines begin to blur.

University of Ottawa professor and national security expert Wesley Wark said CSEC has a mandate to collect foreign intelligence for the government of Canada. CSEC doesn't have authority to spy on Canadians, but it's been given what Wark called a "get-out-of-jail-free card" — ministerial approval to "inadvertently collect and retain Canadian communications."

That's apparently what happened with CSEC's large sweep of data at a major Canadian airport.

Some would argue it was a breach of Canadian law, but Wark said CSEC's approval to collect "metadata," which is all the data that surrounds the sending and receiving of communication, including who sent it, who received it, how and when it was sent, creates a loophole.

"That metadata, CSEC says, does not constitute a private communication and therefore it is not protected by the privacy act or any charter rights," he said. "A second argument (is) that they can do metadata even against Canadian communications, in pursuit of foreign intelligence material and that it's not in breach of law."

It's everywhere

"What we do know is that surveillance is truly ubiquitous at this point in time." Michael Geist, University of Ottawa research chair

That means Facebook conversations, private emails and other personal info can be swept up in the government's massive data bank as quick as you can "like" a photo.

Facebook and other social media sites are in the grey area of the law, said Geist, who told Metro as long as you have some privacy settings on your profile, messages between friends should be protected. While CSEC couldn't legally use the private information against you, it is allowed to "inadvertently" collect all our conversations.

Open sites like Twitter could be interpreted differently. Geist said one of his students was recently stopped by U.S. customs because he tweeted a mathematical formula before his travels. He was let go, but the idea of governments watching our every tweet is "shocking," he said.

TREVOR GREENWAY/METRO IN OTTAWA

PARANOID IS SPYING

Here's a glimpse at countries that spy on

Canada

In December 2013, the CBC received documents indicating CSEC Canada set up spy posts in 20 countries at the request of the NSA. The Privacy Act and Personal Information Protection and Electronic Documents Act are meant to protect citizens from government and private-sector spying.

U.S.

The Fourth Amendment of the U.S. Constitution gives anyone the right to not be searched without reason. But in 1978, the government enacted the Foreign Intelligence Surveillance Act, which enables the government to spy on those who may pose a threat to national security. It has been repeatedly amended since 9/11.

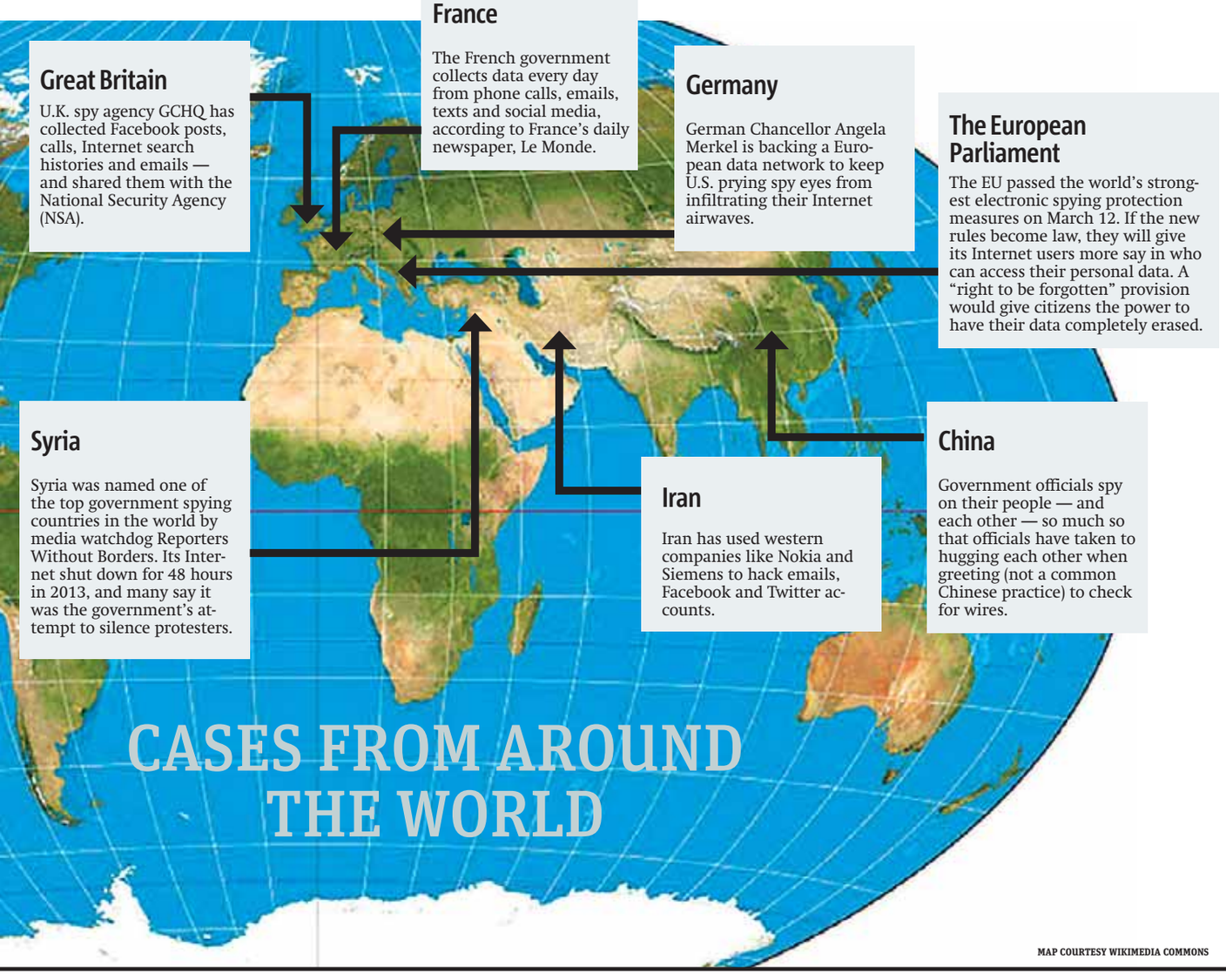
A brief history of Snowden

- **June 5, 2013.** Leaked NSA documents are published in the Guardian revealing a U.S. Foreign Intelligence Surveillance Court order forcing Verizon to give up metadata from millions of Americans' phone calls to the FBI and NSA.
- **June 6, 2013.** PowerPoint slides emerge from the Washington Post and the Guardian detailing the NSA's access to high-tech company servers including Google and Microsoft through its PRISM program.
- **June 8, 2013.** The Guardian publishes more PowerPoint slides detailing how the NSA's

? NAH, THE GOVERNMENT ON YOU (AND EVERYONE ELSE)

their citizens — and each other — plus worldwide laws and rules-in-the-making that protect citizens from spying

COMPILED BY LUCY SCHOLEY
Metro In Ottawa


Great Britain
U.K. spy agency GCHQ has collected Facebook posts, calls, Internet search histories and emails — and shared them with the National Security Agency (NSA).
France
The French government collects data every day from phone calls, emails, texts and social media, according to France's daily newspaper, Le Monde.
Germany
German Chancellor Angela Merkel is backing a European data network to keep U.S. prying spy eyes from infiltrating their Internet airwaves.
The European Parliament
The EU passed the world's strongest electronic spying protection measures on March 12. If the new rules become law, they will give its Internet users more say in who can access their personal data. A "right to be forgotten" provision would give citizens the power to have their data completely erased.
Syria
Syria was named one of the top government spying countries in the world by media watchdog Reporters Without Borders. Its Internet shut down for 48 hours in 2013, and many say it was the government's attempt to silence protesters.
Iran
Iran has used western companies like Nokia and Siemens to hack emails, Facebook and Twitter accounts.
China
Government officials spy on their people — and each other — so much so that officials have taken to hugging each other when greeting (not a common Chinese practice) to check for wires.
CASES FROM AROUND THE WORLD

MAP COURTESY WIKIMEDIA COMMONS

tool Boundless Informant gives the spying agency near real-time stats, by country. The paper also revealed the NSA swept up 3 billion pieces of intelligence from U.S. citizens in Feb. 2013 alone.

June 9, 2013. NSA contractor and the man behind the leaks Edward Snowden reveals himself to the Guardian in a Hong Kong hotel.

- **June 16, 2013.** The Guardian publishes a series of articles detailing how the U.S. and the U.K. spied on foreign leaders and diplomats at the G20 summit in 2009.
- **June 23, 2013.** The U.S. revokes Snowden's passport. He ends up in limbo after Ecuador's President Rafael Correa says he was issued travel documents without U.S. approval. Snowden begins to seek asylum elsewhere.
- **June 25, 2013.** After travelling to Moscow, Russian President Vladimir Putin says Snowden is a "free man" at Sheremetyevo airport and says he is allowed to leave the country.
- **October 2013.** Brazil's Globo Television reports NSA leaks show Canada collects metadata about phone calls and emails to and from Brazil's Mines and Energy Ministry.
- **Nov. 27, 2013.** The CBC reports that leaked documents show the NSA conducted widespread surveillance in Canada during 2010 G8 and G20 summits.

Hacking your world: Day 2 of 3

- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: An interview with the interim privacy commissioner, plus more tips to keep you safe

That's apps

Here's what's up-and-coming in apps and software that claim to protect your privacy:

- **Wickr.** This app is like Snapchat, but it claims to not collect user location data. It sends encrypted, self-destructing messages.
- **Telegram Messenger.** According to Verge, this is the "hottest messaging app in the world." Its creators claim the app's encrypted messaging is un-hackable.
- **TextSecure.** This is another encrypted messaging app. However, it also allows users to create encrypted chat groups with others.
- **SpiderOak.** Got photos to store? This app will let you upload encrypted versions to a cloud storage space.
- **Secret Life.** Tailored towards iPhone users, this app secures passwords, photos and contact lists.

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U.K. smog forms from pollution, big Sahara storm

The Perfect Storm. Pollution in some areas reaches top of the scale; health warnings issued; desert dust mixing in

A cyclist wears an anti-pollution mask as she cycles along The Mall in London on Wednesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

European pollution and dust swirling in from the Sahara created a "perfect storm" of smog in Britain on Wednesday, prompting authorities to warn people with heart or lung conditions to cut down on tough physical exercise outdoors.

Air pollution in some areas reached the top rung on its 10-point scale, the environment department said.

The smog was caused by pollution from Britain and industrialized areas of the continent — trapped in place because of light winds — mixing with dust blown up from a storm in the Sahara desert. Many motorists across England awoke this week to find cars covered in a film of red dust left by overnight rain. People with heart or respiratory problems were advised to reduce strenuous exercise outdoors.

An unusual combination of factors had conspired "to create a 'perfect storm' for air pollution,'' said meteorologist Helen Dacre.

Despite efforts to make industry and automobiles cleaner, air pollution remains a major problem in Britain and across Europe.

Last month, Paris took the drastic step of banning half the city's cars from the roads for a day after a week in which pollution levels exceeded those in notoriously smoggy cities including Beijing and Delhi.

Air pollution is the world's single biggest environmental health risk, responsible for about one in eight deaths, the World Health Organization said last week.

Unhealthy brew causing health risk to some

"Toxic gases, such as nitrogen dioxide and ozone, as well as fine dust particles in the air blown in from the Sahara and from burning fossil fuels, all contribute to cause problems for people with heart, lung and breathing problems, such as asthma."

Helen Dacre, a meteorologist at the University of Reading

Air pollution kills about seven million people worldwide every year, with more than half of the fatalities due to fumes from indoor stoves and the rest from outdoor pollutants, the WHO said.

Paul Cosford of Public Health England told the BBC that people with heart or respiratory problems should "reduce the amount of strenuous exercise outdoors over the next few days."

THE ASSOCIATED PRESS

Canada Border Services Agency agents take a member of Lev Tahor into custody in Chatham, Ont., on Wednesday. ASHTON PATIS/ BLACKBURN NEWS/THE CANADIAN PRESS

CBSA arrests Lev Tahor members

Ontario community. Members of Jewish sect embroiled in child custody case arrested over immigration issues

Six members of an ultra-orthodox Jewish sect were arrested Wednesday by the Canada Border Services Agency over suspected immigration issues, their lawyer said.

Some families in the Lev Tahor community are at the centre of an ongoing child custody case, including one family that fled to Guatemala, but it's not clear if the arrests were in any way connected to the case.

One community member listed the names of six people he said were arrested and they were not those involved in the child welfare case.

Chatham-Kent Children's Services co-operated with the CBSA, who arrested Lev Tahor members "who are believed to be in violation of Canada's immigration policy/laws," Stephen Doig, the children's aid society's executive director wrote in an email.

The people arrested are known to have 28 children, Doig said. Kids in cases where both parents in a family have been detained and there is no alternate caregiver are put in care, Doig said, though he did not say how many kids were in children's aid custody.

The children were all back in the community hours later, being looked after by relatives or alternate caregivers, the group's lawyer, Guidy Mamann said Wednesday evening.

Members of the community told local radio station Blackburn News that those arrested are Israeli citizens and their visas had expired. One member of the community told The Canadian Press some of those arrested were American citizens.

THE CANADIAN PRESS

Pennsylvania

Township asks residents to keep the change

Officials in Millcreek Township, along with its water and sewer authorities, have adopted a policy limiting how much change they'll accept from residents paying sewer bills and other fees.

David Sterrett, executive director of the authorities, tells the Erie Times-News that officials came up with the policy after a woman showed up last month with a shoebox full of nickels, dimes and quarters to pay a $200 sewer bill.

THE ASSOCIATED PRESS

Italy. Stolen Gauguin found in autoworker's kitchen

A Paul Gauguin still life stolen from a wealthy collector's home in Britain has been recovered after hanging for 40 years in a Sicilian autoworker's kitchen.

The worker bought the painting along with one of lesser value by another French artist, Pierre Bonnard for about $100 at a legitimate 1975 Italian state railway auction of unclaimed lost items, said Maj. Massimiliano Quagliarella of the paramilitary Carabinieri art theft squad.

An officer stands by a Gauguin still life recovered by authorities, during a press conference in Rome, Wednesday. LA PRESSE/THE ASSOCIATED PRESS

Italian authorities estimated Wednesday that the still life painting is worth in a range from $14 million to $40 million.

THE ASSOCIATED PRESS

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Deadly shooting at U.S. Army's Fort Hood base

Second incident.
Base was also scene of 2009 event that left 13 people dead

A soldier opened fire on fellow service members at the Fort Hood military base, killing three people and wounding 16 before committing suicide at the same post where more than a dozen people were slain in a 2009 attack, authorities said.

The shooter, who served in Iraq in 2011, had been undergoing an assessment to determine whether he had post-traumatic stress disorder, according to Lt. Gen. Mark A. Milley, the senior officer on the base.

In this 2009 photo, an entrance is shown to the Fort Hood Army base in Texas. THE ASSOCIATED PRESS

There was no indication the Wednesday attack was related to terrorism, Milley said.

One of the officials, citing official internal Justice Department updates, said 16 others were hurt. The officials spoke on condition of anonymity because they were not authorized to release information by name.

The Texas Army base was the scene of a mass shooting in 2009. Thirteen people were killed and more than 30 wounded in what was the deadliest attack on a domestic military installation in history.

U.S. President Barack Obama vowed that investigators will get to the bottom of the shooting, seeking to reassure the nation whose sense of security once again has been shaken by mass violence. THE ASSOCIATED PRESS

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Fishermen look for damaged boats to salvage in the port of Iquique, Chile, on Wednesday. Authorities discovered surprisingly light damage from a magnitude-8.2 quake that struck in the Pacific Ocean Tuesday evening. LUIS HIDALGO/THE ASSOCIATED PRESS

Big quake in Chile causes little damage

Hard-won expertise and a big dose of luck helped Chile escape its latest magnitude-8.2 earthquake with surprisingly little damage and death.

The country that suffers some of the world's most powerful quakes has strict building codes, mandatory evacuations and emergency preparedness that sets a global example. But Chileans weren't satisfied Wednesday, finding much room for improvement. And experts warn that a "seismic gap" has left northern Chile overdue for a far bigger quake.

Authorities on Wednesday discovered just six reported deaths from the previous night's quake. It's possible that other people were killed in older structures made of adobe in remote communities that weren't immediately accessible, but it's still a very low toll for such a powerful shift in the undersea fault that runs along the length of South America's Pacific coast.

Tuesday's temblor

8.2

Magnitude of the earthquake that hit Chile on Tuesday night

"How much is it luck? How much is it science? How much is it preparedness? It is a combination of all of the above. I think what we just saw here is pure luck. Mostly, it is luck that the tsunami was not bigger and that it hit a fairly isolated area of Chile," said Costas Synolakis, an engineer who directs the Tsunami Research Center at the University of Southern California.

Chile is one of the world's most seismic countries and is particularly prone to tsunamis.

THE ASSOCIATED PRESS

Cheating rises in the Land of the Rising Sun

Japan. Buttoned-up culture gets some lipstick on its collar via adultery website

Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com, poses in Tokyo on Tuesday. The slogan written in Japanese reads: "Life is short. Have an affair." THE ASSOCIATED PRESS

Ashley Madison, the world's biggest online hookup site for married people, works only when monogamy is the rule on the surface but, deep inside, couples want to cheat. That's why it is scoring big in Japan.

The nation that prides itself on conformity and proper appearances reached a million users in eight and a half months, the fastest pace among any of the 37 countries where the adultery site operates. The previous record was Brazil at 10 months. The U.S., which has the biggest number of users at 13 million, took a year to achieve the one million mark. Spain took nearly two years.

Extramarital sex and affairs are not new to Japan, but a site such as Ashley Madison is "a levelling out of the playing field" for women, said Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com. There is a tradition of wealthy men taking mistresses in Japan and its male dominated society has provided plenty of outlets for married men to find casual sex.

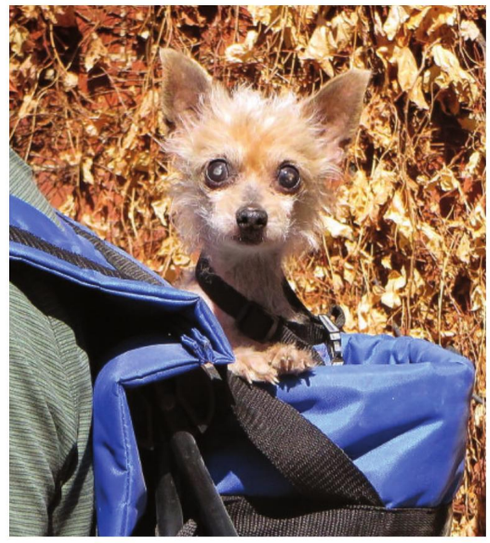
The divorce rate in Japan is relatively low at about two cases per 1,000 people versus four cases in the U.S., although sinking marriages rates in Japan also lower the divorce numbers. In the 1960s, divorces were even rarer, with fewer than one per 1,000 people.

THE ASSOCIATED PRESS

For better, for worse?

"The reason people have affairs is that they want to stay married."

Noel Biderman, CEO of Avid Life Media Inc., which operates AshleyMadison.com



There's life in the old dog yet

Phyllis, a Chihuahua-poodle mix, peers out of her owner Steve Greig's backpack. Greig found the 10-year-old dog, who is blind and weak and has lost all her hair to an infection, on Susie's Senior Dogs, a popular Facebook page that tells stories about pooches past their prime that need loving homes. The page, named by founder Erin O'Sullivan after her boyfriend's teenage Chihuahua, has tapped into a wellspring of animal lovers seeking calmer, well-trained dogs or those wanting to care for pets in their twilight years. Shelters will ask O'Sullivan to help place older dogs that aren't as sought-after as puppies. STEVE GREIG/THE ASSOCIATED PRESS

Thank the pension

Public servants still overpaid: Report

Federal employees are still far ahead of their private sector counterparts in terms of total compensation thanks to their pension benefits, says a new C.D. Howe Institute report.

The report compares what is called "fair value" in compensation and finds that the guaranteed pension benefits paid out to retired public servants put them in a class of their own. THE CANADIAN PRESS

Market Minute

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LOSING IS WINNING IN COMEDY

HE SAYS

John Mazerolle
metronews.ca

I recently returned to the site where I died. It's also the place I killed one night. And it's definitely one of the places where I've felt most alive.

It was a comedy club.

I used to go to comedy school, which was just like regular school except for small differences like A) working hard meant going to bars five nights a week and B) students complained about such hardships as a three-hour gap between sketch class and improv class. (I'm not making that up.)

Stand-up comedy was (and is) part of the curriculum, so I was at a Yuk Yuk's to adjudicate students doing their final performances. The stand-up teacher selected me because I met two important criteria: I had the requisite skills to mark a score out of 10 on a piece of paper, and I had a working email address.

Was I any good at standup? Of course. Unless you're judging on the narrow criteria of, "Was I funny?" in which case, no, I wasn't good at it.

In two years of stand-up I had exactly one night where everything went just right. If you had stumbled in on that night, you might have imagined I knew what I was doing. Even a stopped clock is right twice a day, and this '80s-raised comic was a VCR clock flashing 12:00 when midnight rolled around.

But beyond that happy coincidence, I usually just survived my seven minutes.

I had two jokes that were adequate …

"I like Stephen Harper. Finally someone who's tough on the arts," and, "Do you know what we call black people back in New Brunswick? We call him Daryl. Because that's his name."

… but it's hard to fill 10 minutes with those, even with an amusing stammer and a bunch of knowing glances. Often I over-rehearsed the set so much I would have failed a Turing test.

Long monologue short, I didn't have a great time doing stand up. But yet when I was back in the club I realized I missed it.

Watching the students reminded me how comedy can make the usual pecking order irrelevant and reward people who are comfortable with their place in the world, no matter where that is.

This crowd loved the overweight awkward guy who reveled in being the overweight awkward guy, but recoiled instinctively from the "cool" broad-shouldered guy whose set could have been shortened to, "Vaginas and other cultures. Pretty scary, am I right?"

I also remembered how much the performers help each other out, how exciting it can be to look out at a full house, and — this is harder to remember than you'd think — how fun it is to entertain people.

But these thoughts are way too sappy for a column about the cynical world of standup.

So, speaking of sappy, let me tell you my can't-fail joke about New Brunswick!

Stop me if you've heard this one.

ZOOM

They look kind of trashy

ARIEL SCHALIT/THE ASSOCIATED PRESS

A thousand people wearing garbage turn up in Israel

The Trash People, an art exhibit of life-size figures made from 20 tons of recycled iron, glass, computer parts, cans and industrial waste, stands on Israel's Hiriya landfill near Tel Aviv, Israel, on Wednesday. Trash People by German artist HA Schult, has been traveling for 18 years around the world, with stops in Paris La Defense, Moscow Red Square, the Great Wall of China, Egypt's Pyramids in Giza, Piazza del Popolo in Rome, Antarctica and now in Israel until April 26.

THE ASSOCIATED PRESS

Quoted

"We produce trash, are born from trash, and will turn back into trash."

Famous quote by the artist of the Trash People, HA Schult

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MetroTube

If the suspense doesn't kill you...

ANDREW FIFIELD
metronews.ca

Russia may not be the most popular topic in Ukraine right now, but British adventurer and general wing nut James Kingston (@JamesLKingston) is keeping the country's pastime of brazenly scaling high structures alive by tackling Kyiv's Moscow Bridge — which, come to think of it, may also be due for a name change in the coming weeks. Of course, this isn't your standard structure-climbing clip. This is a man on an even crazier mission.

YOUTUBE SCREENGRAB

metro

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Festival shares stories from margins of the city through art

This is My City.
Homeless people team up with mentors to showcase their art, writing and music skills

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

There is untapped artistic potential in Calgary's homeless community.

And the producers of the annual This Is My City Festival have made it their goal to help encourage and promote the talents of some of the city's most vulnerable citizens.

For the past three years, the festival has endeavoured to bring homeless artists, writers and musicians to the attention of cultured Calgarians.

The idea for the festival came about in 2009 through a City of Calgary Community Development initiative, in which several local artists were hired to develop artistic programs for various homeless shelters and social organizations.

"After the first year, the city didn't have any money to support it anymore," recalls festival curator and textile artist Linda Hawke.

"But a number of us felt that we still wanted to work on it, so we formed a non-profit society in 2010 and held our first volunteer-run festival in 2012."

As an organization, the This Is My City Art Society (TMC) works with agencies like Inn from the Cold, the Calgary Drop-In Centre and Alpha House to pair clients with more than two dozen artist mentors year-round.

"TMC artist mentors are out in the community all year doing a variety of projects," explains co-producer Sally Truss.

"Festival time is a chance for us to take the best of what's been going on during the year and share it."

The New Gallery, MoMo Dance Theatre, TRUCK Contemporary Art and the Calgary Society of Independent Filmmakers have also partnered with the 2014 This Is My City Festival to present art exhibitions, theatre and dance productions, musical performances and film screenings.

Among the highlights of this year's festival — which runs April 3 until April 17 at various venues downtown — is the musical revue kickoff Telling Our Stories, featuring members of the homeless community collaborating with mentor musicians.

"The festival challenges assumptions about who art is for and gets at why creative expression is important on a basic human level," says Hawke.

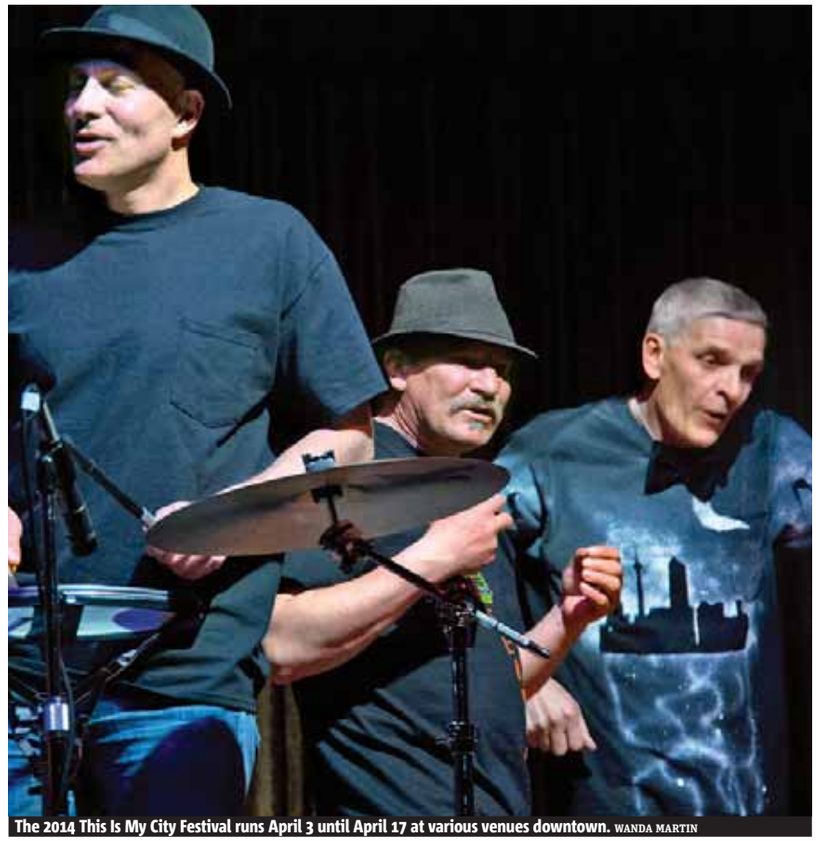
"It takes place in the downtown core where the wealthy and the disenfranchised share the same streets. It's easy to turn a blind eye, but the festival gives a face and a voice to people who are often ignored. It opens the door to dialogue."

"If there's anything we can do to help people understand homelessness in the city, that's good," says Truss.

"But also to understand that we're all potentially artists and we all have a voice."

Quoted

"Festival time is a chance for us to take the best of what's been going on during the year and share it."
Sally Truss, festival co-producer



The 2014 This Is My City Festival runs April 3 until April 17 at various venues downtown. WANDA MARTIN

Check it out

This Is My City, an interdisciplinary festival of art from the margins kicks off Thursday. Most exhibits, talks and performances are free, although a donation is encouraged.

- For more information about This Is My City Art Society and the 2014 festival, go to thisismycitycalgary.ca

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See that symbol? It means you can scan this photo with your Metro News app to see photos from the new season of Game of Thrones

Sophie Turner warns there's more misery ahead for lovely Sansa Stark

'I'm a broken woman.' Loras, Lannisters, and lemon cakes: Demure Sansa has had it tough in the Game of Thrones

ROMINA MCGUINNESS
Metro World News in London

Sophie Turner plays Sansa Stark on the fantasy TV hit, Game of Thrones. GETTY IMAGES

After giving fans the time to grieve for those who were brutally slain at the end of season three, Game of Thrones is back for another round. Actress Sophie Turner, who plays Sansa Stark, tells Metro to expect more of the same: more blood, more trauma and more lies as the fight for the Iron Throne continues.

You're a Lannister now. How does that feel?
Sansa Lannister… great.

Really?
No! It's fun for me because I get to spend more time with Peter (Dinklage), but for Sansa it kind of sucks because these are the people who killed her father.

Do you think the name will have an impact on who she is?
She very much knows who she is. She's seen as being weak and vulnerable but at the end of the day, if she didn't please people, she'd have her head cut off.

Have you read all the books?
I only read my chapters. I flick through the books and mark them down. The third one is a really difficult read. Have you read it?

No...
I don't blame you. The writing is tiny. I'm always Wikipedia-ing it to get a sense of what's going to happen. More misery, that's what's going to happen.

Sansa looks so depressed. Does that not make you sad?
At first I couldn't really master how to cry and draw that emotion, so I just used my personal life. My grandma was really ill at the time and so I started thinking about her, but it just got me really down. And then I realized that you actually have to act and pretend you're in the situation.

So how do you do it now if you can't think of your grandma?
Her story is so sad that every time something shitty happens I feel like crying anyway. I'm a broken woman.

What would she need to genuinely belly laugh?
Someone should fart because that's undeniably funny. If Joffrey farted on the Iron Throne.

Joffrey is as repulsive and disturbing as ever — don't you sometimes want to punch him?
I do. He's so creepy. But you love to hate him.

Is Joffrey a good kisser at least?
I guess — he wasn't bad! I was 14 when it happened. It was an innocent peck. I'll let you know when I have a full-blown snog.

Who'd you want that to be with?
There are a lot of fine young men on the show. I think Sansa would like to kiss Loras Tyrell, but he's gay. She wants some affection even if it is gay affection.

Did you know there was a GOT cookbook?
What would people want to cook? Ew.

The lemon cake recipe — Sansa's favourite — is really popular.
I hate them. And last season I was eating lemon cakes in this one scene and we had to do 10 setups. I counted and I ate just over 50 cakes. Mini ones, but I felt so fat and I hate them. So annoying.

Who deserves to sit on the Iron Throne?
Daenerys is desperate for this. Or Jon Snow, he's gone through a lot. Or maybe Sansa because she was supposed to get it in the first place, but turns out Joffrey is a psychopath.

Tune in

Game of Thrones Season 4 premieres Sunday at 9 p.m. ET/MT on HBO Canada

ATB takes you, dear Albertan,

Left, Tessanne Chin and Celine Dion sing Love Can Move Mountains during the season 5 finale of The Voice on Dec. 18. Right, the singer poses at the Ritz-Carlton hotel during a recent stop in Toronto. TYLER GOLDEN/NBC; CHRIS SO/TORSTAR NEWS SERVICE

Tessanne Chin won't be ruled by record sales

Timeless quality. The Voice's season 5 winner aims to make music that doesn't need to be constantly hyped

The path from TV talent show winner to recording star can be a fraught one, but Tessanne Chin won't let it rattle her.

"I look at people like Kelly Clarkson and Carrie Underwood; it was not an overnight thing," she told Torstar News Service at the Ritz-Carlton hotel in Toronto, where she received a Luminary Award at the weekend University of the West Indies benefit gala.

"I am not going to take on that pressure of, 'Oh, is she going to be the one?' If I can wake up and do what I'm doing and be happy, put food on my table and make you happy by doing it, that's success to me. I'm not going to measure it in just sales. I can't."

Since winning season five of NBC's The Voice in December, Chin has focused most of her attention on her new album, tentatively scheduled for a May 27 release via Universal Republic Records.

Six seasons in (season 6 is airing now on NBC and CTV Two), The Voice has yet to produce a star of the magnitude of Clarkson or Underwood, both contestants on Fox's American Idol.

Three of the first four Idol winners, Clarkson (2002), Fantasia (2004) and Underwood (2005), have combined for more than 30 million in album sales and 10 Grammys since appearing on the talent show.

Among Voice winners, Season 3 victor Cassadee Pope found the most success, with her 2013 single Wasting All These Tears certified platinum by the Recording Industry Association of America in mid-March.

Voice champs have generally had modest album sales. Pope's debut, Frame by Frame, scored more than 168,000 sales, according to Nielsen Soundscan, while season four winner Danielle Bradbery's self-titled album sold more than 126,000 copies.

Chin, 29, said she's taking her time with her record.

"Of course, there's momentum and we want to capitalize on it, but I'm not about to rush this and give my fans and people that have waited so long just something that I've thrown together. I want to give them something that's me," she said.

The record features production by Grammy-winning songwriter Diane Warren; Toby Gad, who's worked with Beyoncé; R&B duo Rock City, who've written for Rihanna; Claude Kelly (Britney Spears, Kelly Clarkson) and OneRepublic frontman Ryan Tedder, who produced Chin's post-Voice single, Tumbling Down.

Chin says the album will have "an island swag," including reggae elements, and a variety that reflects her personality.

In her native Jamaica, Chin was one of many singers, including Alaine Laughton, Romain Virgo and Tarrus Riley, who are well-respected but play second fiddle to dancehall artists in popularity.

Chin's most popular song in Jamaica, the reggae-inflected Hideaway, was the only pre-Voice single played regularly on local radio. Her independently released album In Between Words went largely unnoticed in 2010.

"I'm not bitter. At the end of the day, they have to provide for what the demand is," Chin said.

Quoted

"If I can wake up and do what I'm doing and be happy, put food on my table, and make you happy by doing it, that's success to me."

Tessanne Chin on her approach to making music

"Dancehall is king, there's not a lot of room for singers there. I can work my butt off and create an album that's wonderful, but if it's never played and never given the outlet it won't succeed. It's a rhythm-based country. No one is doing original stuff anymore and I think that hurts us."

Chin hopes performers of all types will get equal airplay in Jamaica and be taken seriously.

"I'm seeing how people react to the legends we take for granted sometimes: Toots Hibbert, Jimmy Cliff, Third World, Beres Hammond," she said. "People camp out and sleep in tents to listen to our people, so we should realize what we have."

Chin wants to make music that not only connects to people now but long after she passes.

"A great song is one that is around even when I'm not," she said. "I can put in Bob Marley's music now and it's still relevant. I want to make the music that people remember and it doesn't need a trend, it doesn't need to be constantly hyped. There's no time period for it. That's the type of music I want to make."

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Whitford hopes A-listers don't ruin TV

Trophy Wife star. Actor praises the medium for its quality writing and the big breaks it offers

With A-listers like Matthew McConaughey, Julia Roberts and Halle Berry jumping to TV, actor Bradley Whitford marvels at how the show-biz stigma of the small screen is now a thing of the past.

Whitford is best known for his role as deputy chief of staff Josh Lyman on NBC's critically acclaimed series The West Wing (1999-2006).

"I remember thinking, 'Oh, thank God there's this snobbery about TV,'" the 54-year-old actor said in a recent interview. "I was getting better writing by an exponential amount than Meryl Streep when I was on West Wing. I was so grateful.

"Now unfortunately, all the movie stars, the big flossers, have realized that not only do you get great writing, (but) it's a really satisfying way of storytelling ... It's not about blowing stuff up."

He hopes this trend won't mean qualified actors will be overlooked for someone with a bigger name.

"If anybody had any idea that Breaking Bad was gonna be a tenth as successful as it was, (creator) Vince (Gilligan) would not have been allowed to write it," Whitford said. "Bryan (Cranston) would not have been allowed to be in it. None of that beautiful cast would be in it. Same with The Sopranos. We never would've met James Gandolfini if anybody thought it was gonna be successful."

Whitford said that was true to a certain extent with The West Wing. "Nobody thought it was gonna work. 'You can't have a fake president. It's about politics — that never works!'" he said. "People found it and it grew to be much bigger than we ever thought it would be."

Whitford stars on the comedy Trophy Wife (airing Tuesdays on CTV at 9:30 p.m. ET). He plays an older husband with a younger wife (Malin Akerman). His character has two ex-wives (Marcia Gay Harden and Michaela Watkins).

Despite the show's title, Akerman's Kate isn't a stereotypical piece of arm candy for Whitford's Pete, any more than TBS's Cougar Town is about older women paired with younger men.

Ratings for Trophy Wife have been so-so, but Whitford is hoping for a second season. He said he was "looking to do something different, and comedy was definitely something I was looking for."

He also wanted to work with Harden. He has seen her Tony-winning performance in Broadway's God of Carnage four times. "It was bordering on stalking," he said.

"By the way," Whitford added, "on West Wing, I was one of the young guys and now (on Trophy Wife) I'm Wilford (expletive) Brimley. It's prostate jokes and stuff! There was no segue way!"

THE ASSOCIATED PRESS

Bradley Whitford, right, in a recent episode of Trophy Wife. CTV

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The next Booky Wook

Russell Brand is now writing... children's books?

Russell Brand's next Booky Wook is for kids.

The actor and comedian has a deal with Atria Books for a series called Russell Brand's Trickster Tales, retellings of classic fairy tales. The publisher announced Wednesday that the first of three books, The Pied Piper of Hamelin, will be out Nov. 11. The next two books will arrive in 2015 and 2016.

THE ASSOCIATED PRESS

Duckie speaks

Jon Cryer is at work on 'candid' memoir

Jon Cryer, an actor who knows a thing or two about Charlie Sheen and Demi Moore among others, is working on a "candid" memoir.

The star of Two and a Half Men has a deal with New American Library. The publisher announced Wednesday that the book, currently untitled, is scheduled to be released next spring.

THE ASSOCIATED PRESS

Animal Planet unleashes new shows

Basketball player Yao Ming with a baby elephant. Ming will star in an Animal Planet special about the ivory trade this fall. ANIMAL PLANET

Animal Planet is set to officially unleash the channel's programming for the coming year. Its stable of stars will range from puppies and kitties to killer whales, endangered rhinos and a family of snow wolves.

Animal Planet is bringing back a number of established series including Finding Bigfoot, My Cat From Hell, Pit Bulls & Parolees and River Monsters.

For a third year, the channel will celebrate the globe's most fearsome creatures during its Monster Week event. And, of course, Puppy Bowl XI will provide a canine alternative to pigskin next Super Bowl Sunday.

New series to be announced include:

- **Deadly Islands:** Large predator expert Dave Salmoni visits some of the world's most remote islands to investigate how their native inhabitants have been successful at surviving some of Mother Nature's fiercest predators.
- **Ice Lake Rebels:** A handful of survivalists hunt for food, drill for water, trade for necessities and guard their turf far off the grid on a lawless frozen body of water in the Northwest Territories.
- **Rocky Mountain Bounty Hunters:** Fugitive retrieval agents go in hot pursuit of armed and unpredictable outlaws who have skipped bail, preferring the treacherous terrain of the Rocky Mountains to facing justice behind bars.
- **My Tiny Terror:** Small dog trainer Jacqueline Wilson goes nose-to-snout with some of the naughtiest and tiniest dogs as they cause mayhem in their owners' homes.

Among the specials on tap: former NBA basketball star Yao Ming sets off to help save Africa's elephants and rhinos from extinction by changing a 1,000-year-old Chinese tradition and ending the trade of illegal ivory and rhino horn in his native China. This project is a Discovery Global initiative that works with him and the WildAid organization to expose this underground trade.

THE ASSOCIATED PRESS

Nine Inch Nails. Reznor says his songwriting still has 'a long ways to go'

Trent Reznor says he feels "a fresh new start" for Nine Inch Nails after the band's latest album and world tour.

Reznor released Hesitation Marks in September after his long, self-imposed hiatus. In the five years since the industrial rockers' last offering, he won an Academy Award for his soundtrack work on The Social Network, married musician Mariqueen Maandig and became a father to two young boys.

"In these few years, I kind of accidentally got into scoring films. I started a new band: How to Destroy Angels. We put two records out. I tried writing a TV show for HBO, which failed. I started a family, and surprisingly, I found myself inspired by that," Reznor told The Associated Press before playing over the weekend at the Lollapalooza festival in Chile.

And he felt like writing some Nine Inch Nails songs.

At first Reznor was hesitant about embarking on tour. "But we started rehearsing and it was fun, it felt fresh. I've been looking at things through finite eyes," he said. "Life feels different at 48 than it did at 24. I don't know how much longer I'll be doing this, or people will care ... it's not as endless as it once seemed, so I treat it more preciously."

Trent Reznor of Nine Inch Nails performs in Mexico City on March 27.
REBECCA BLACKWELL/THE ASSOCIATED PRESS

While on tour, Reznor is also working on scoring director David Fincher's upcoming film Gone Girl.

"The main thing that I'm concerned about is putting myself in positions and places that are often uncomfortable, to force myself to grow as an artist," Reznor said. "I don't think I've written the best songs I can write. I don't think I know how to write songs very well yet. I'm not saying that to be humble, but I've got a long ways to go." THE ASSOCIATED PRESS

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NEW THIS WEEK

Philomena
MARTIN SIXSMITH

Philomena is the tale of a mother and a son whose lives were scarred by the forces of hypocrisy on both sides of the Atlantic and of the secrets they were forced to keep. A compelling story of family secrets, love and loss - now a major film starring Judi Dench.

THIS WEEK		WEEKS ON LIST
1.	Be Careful What You Wish For JEFFREY ARCHER	4
2.	Heaven Is For Real TODD BURPO	5
3.	Uganda Be Kidding Me CHELSEA HANDLER	5
4.	Missing You HARLAN COBEN	3
5.	Shadow Spell NORA ROBERTS	2
6.	Power Play DANIELLE STEEL	4
7.	Wish You Happy Forever JENNY BOWEN	4
8.	The Hotel On Place Vendome TILAR J. MAZZEO	4
9.	Up Up & Away JONAH KERI	2
10.	Philomena MARTIN SIXSMITH	1
11.	Robert Ludlum's The Janson Option PAUL GARRISON	3
12.	Overwhelmed BRIGID SCHULTE	3
13.	Paris EDWARD RUTHERFURD	1
14.	Frog Music EMMA DONOGHUE	2
15.	The Hungry Girl Diet LISA LILLIEN	1
16.	NYPD Red 2 JAMES PATTERSON	1
17.	Exodus DEBORAH FELDMAN	2
18.	Listen To The Squawking Chicken ELAINE LUI	1
19.	Whiskey Beach NORA ROBERTS	1
20.	Million Dollar Arm J. B. BERNSTEIN	1

COMBINED FICTION AND NON-FICTION BESTSELLERS FOR THE WEEK, ENDING APRIL 7TH

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Making his way to the island of Madagascar

Fulfilling film dreams. Canadian director David Douglas always dreamed of making a movie on the legendary island

RICHARD CROUSE
scene@metronews.ca

David Douglas, the veteran wildlife filmmaker behind the new IMAX film Madagascar: Island of Lemurs, has dreamed of making a film on the island country in the Indian Ocean for 30 years. He calls it a "remote and mythic place," but adds: "In wildlife filmmaking, everybody wants to go there and do it, but you never can."

Three things convinced the Canadian director to take a chance and travel there "to figure out how to make the movie." First was the story of primatologist Dr. Patricia Wright. Douglas came across her while researching another film, but was taken with her efforts to protect Madagascar's lemurs, whose numbers are shrinking to alarming levels.

Around since the time of the dinosaurs, the big-eyed creatures arrived on the island as castaways from Africa and have now evolved into hundreds of species. Douglas wanted to shine a light on Wright's efforts to protect the lemur's delicate ecosystem and raise awareness of their plight.

The second thing was a technological advancement.

"The normal situation in wildlife filmmaking is you have film stock, this resource that costs money and it runs through the camera in a certain amount of time," he says.

"It can't be any longer. You have to reload it. So you have to spend a lot of your life trying to put yourself in the position of accurately predicting what an animal is going to do in the future because you want to have your camera running while it's happening. "That is the foundation of all of your planning and everything you do. That's why you never see whales coming out of the water (in movies), you always see them falling back in."

New IMAX equipment developed for this film allowed him to shoot digitally on cameras with lots of memory. "The camera is always on and all we do is turn it off when we like what we got."

The third draw was, of course, the lemurs themselves.

"They are spectacular looking. They look like a pile of toys in your kid's closet because they're all different, but they're all sort of similar."

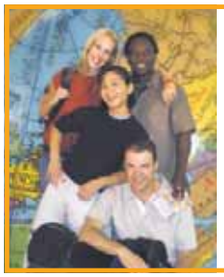
The first things you notice about them are their prominent eyes. "Their eyes are radically different colours for the different species," says Douglas. "They have every colour of the rainbow of eyes. Then there is the range of physical sizes. The mouse lemurs are the smallest primate on earth and up until humans got the last ones, there were really big lemurs on Madagascar — much bigger than a human being."

Island of Lemurs director David Douglas visits the lemurs at the Toronto Zoo. GEORGE PIMENTEL/WARNER

Quoted

"The mouse lemurs are the smallest primate on earth and up until humans got the last ones, there were really big lemurs on Madagascar — much bigger than a human being."

David Douglas on lemurs



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

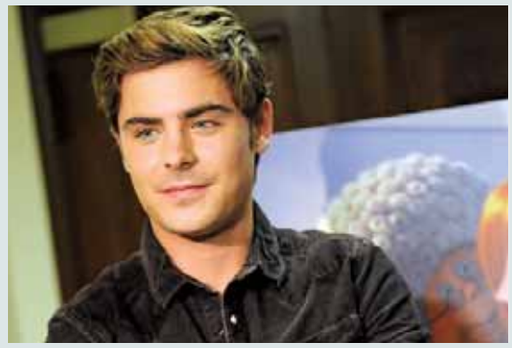
Lindsay Lohan. ALL PHOTOS: GETTY IMAGES

Living la vida Lohan: Lindsay blows through Oprah payday in a year

Despite Lindsay Lohan's impressive $2-million US payday for her Oprah Winfrey-produced reality series, the troubled starlet is reportedly flat broke again. "Only Lindsay could get paid such a large paycheque and once again be in dire financial straits," a source tells Radar Online. "After Lindsay's manager, agent, publicist (and taxes) were paid, she was left with $750,000." Which for most people would be great, but Lohan is not most people. "This was last year, and Lindsay has never been able to save any money in her life," the source explains, adding that Lohan "blows through money faster than she earns it." Evidence of her money woes seemed to pop up over the weekend when two of Lohan's credit cards were reportedly declined when she attempted to pay for $300 worth of merchandise at a Soho boutique, according to Page Six.

"She looked really embarrassed and tried to negotiate before her friend finally stepped in and paid," a source says.

The Word



Somebody needs to stage an intervention for Zac Efron

MELINDA TAUB
Metro World News in New York

Zac Efron needs help super fast before we all relive what happened to Cory Monteith. Last November, Efron allegedly "slipped on a puddle of water" which was "in his home" and broke his jaw so badly it had to be wired shut.

Shady as hell? Yes. And now an insider has told In Touch what we've assumed all along: That he hurt himself doing the bad stuff. "He does drugs alone," the inside source exclusively tells the mag. "It's sad."

A second insider tells In Touch. "He needs to get help before it's too late."

The time is ticking down to "too late." As we reported last week, Efron had another shady-as-hell altercation recently with his "bodyguard" and some homeless men after Efron's car "ran out of gas" near Skid Row in Los Angeles.

For some reason, Efron "threw a bottle out of the car," which scared some homeless people milling around. Tensions between the group and Efron's camp escalated, with the High School Musical star reportedly taking a punch to the mouth. Right. That sounds exactly like something that would happen to anybody anywhere and not a drug deal gone bad. Exactly.

Twitter

@WhitneyCummings
You had me at "polyamorous"

@MichaelChiklis
Now a volcano has just erupted in Peru? WTF is going on here?

@MarkDuplass
I wonder what Star Wars would have been like with Bill Murray as Han Solo.

Kaley Cuoco-Sweeting

Loving Superman came with a price for Big Bang star

Watch what you say about Big Bang Theory star Kaley Cuoco-Sweeting online, because she's probably reading it. "I'm obsessed. I openly admit to being totally insane about that," she tells Cosmopolitan magazine about checking up on what people write about her online. "I started reading (the comments) and thought, 'Maybe I need to make more of an effort and not go out in my UGGs and be disgusting.' So I started putting on makeup, and they started writing, 'Wow, someone really likes being in front of the camera' and, 'Her hair's done now for coffee.' I couldn't do anything right." The recently married actress admits, though, that she's had a lot more material through which to browse since she briefly dated Man of Steel star Henry Cavill last year. "I had no one following me until I met Superman," she says.

"I've been in this business for 20 years, and my whole life I could go anywhere, do anything. There had not been on paparazzi photo of me until, like, several months ago."

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LIFE 3

PLUS HOMES

See that symbol? It means you can scan this photo with your Metro News app to see a gallery of some of Lily Cole's modeling work over the last few years.

Modelling the (im)possible ideal

Lily of the virtue. Impossible.com is the online gift economy that encourages people to give and receive for nothing more than a thank you. Model Lily Cole's social mission shows why the best things in life come for free.

RICHARD PECKETT
Metro World News

"I'm going to start calling it possible, it sounds so much better," chuckles Lily Cole on her gift economy website and app Impossible.com. In a capitalist culture where cash and consumerism are king, the doll-faced model's objective of a gift exchange seems like the romantic notion of a naïve and innocent idealist. However, with the backing of Kwame Ferreira (founder of global innovation company Kwamecorp), Wikipedia founder Jimmy Wales and inventor of the World Wide Web Tim Berners-Lee, it's far from just being a concept that should be left percolating amongst the beanbags of a blue-sky think tank. It's a platform for humanism and altruism where wishes are posted and granted by like-minded individuals. The only currency is generosity and gratitude. The former Vogue cover girl, who graduated with a double first class in history of art from Cambridge in 2011, doesn't intend to take a salary from the social network, explaining, "This is my gift that I want to live outside of me."

Did you create Impossible.com in response to the recession?
It wasn't a specific reaction to that. But the conversation back in 2010 that coined the idea with a friend [Kate Tomlinson], who now works on the project, was in relation to the recession and more philosophically about why it is that when there is any recession, society is paralyzed as a consequence of economic paralysis. Because if you think about it, everyone has skills, time, resources, there is no intuitive reason why society couldn't continue to organize itself. We've become almost slaves to the structure we created, forgetting that we created it [laughs].

Do you believe that humans are innately good?
Yeah, I do and people have proven me right so far…

Are you trying to celebrate positive human actions?
There's definitely a celebration element to it. I was interested in the analogy between current ideas of online social reputation that most social networks like eBay and [taxi firm] Uber have with classical gift economies: the idea of social reputation being a big part of the equation. I'm not shy of that and I think that's a great thing when we celebrate each other's generosity. That said, it's not the principle motivator. If anything, it's a kind of currency of sorts to try and encourage the principle reason for the platform, which is the actual actions.

"The whole point of Impossible is about value, not money," says Lily Cole, seen here with Vivienne Westwood. CONTRIBUTED

Why are you steering clear of a rating system?
I think it works very well with transactional relationships. But what we're trying to do is so non-transactional and I just felt that a rating system would dehumanize it.

What's the most altruistic action you've performed?
I'm not a perfectly altruistic person at all. What I try to do is grow as a human. If I'm not kind, or do something wrong, I check myself. It's the intention to work on myself continually.

Have you personally helped anyone on the site?
I've helped quite a few people. The one that I enjoyed most was with a boy who wanted to practise his English. I noticed that he was in Manchester, a place where I was soon visiting, so I said I could meet him in person rather than over the phone. Then I saw that on one of his other wishes he'd wished that someone would help the homeless guy on the end of his street. We had a chat in English about this guy and I ended up getting a tent for the homeless man. I feel a bit self-conscious saying this, but the situation was quite magical — it went round in a nice big circle.

Do you stay in touch with the people that you help or is it very much one action and then move on?
I've met quite a few that I've stayed in touch with. A big part of the gift economy is that when someone does something for you for free, a subtle relationship is made. I can feel a community growing around me.

You've been the face of many fashion brands. Did you have concerns about what you were endorsing?
Yeah, that's why I've taken a different path. I started in fashion when I was 14, and it gave me so many options than I'd ever had before, but I was always a little conflicted about it. I was always questioning how consumeristic our society can be and how advertising works. I was looking at all these paradigms and feeling very much a big part of this machine.

Model by the numbers

14 The age that she was first scouted and later signed to Storm Models.

16 She became the youngest model to appear on a Vogue cover.

12 million is the estimated net worth of the model.

6 is the number of titles that she holds, including model, actress, environmentalist, activist, entrepreneur and CEO. But she prefers human.

22 is the number of charities that she supports such as Sky Rainforest Rescue, Elton John AIDS Foundation and Greenpeace.

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Get fresh with your living room

DIY. 4 simple solutions to make your living space spring to life

Lack of colour, outdated decor and overall disconnection can hold a living room back from its full potential. Bring your living space back to life to represent your unique style and needs. With spring in the air, consider a radiant revival by adding a touch of trend into the heart of your home with a few easy DIY tips.

Cue the hue

Make your walls the star of your living space with an accent wall. There are many options with accent walls such as using bold colours, wall paper prints, and different textures. It's usually best to choose a print or colour that picks up other colours in the room, and to choose a wall that you want to draw attention to. Who knew incorporating colour could be so easy?

Rug remedy

Don't let confusing floor options cramp your style, instead use an area rug to accent your living room. An area rug can draw the eye in the direction you want to highlight, such as an entertainment area or a fireplace. Consider upgrading a basic rug by adding a design using fabric spray paint and a plywood stencil to make a bold statement. A stylish rug can be a simple fix for a disconnected living space while also adding a cosy, comfortable feel.

Curtain call

Shed light on your living space by giving your windows a vibrant treatment.

Curtains are a great way to play with different textures in your living room and can easily be changed to suit your needs, seasons, and interior trends. Sheer materials are a great option because they let in the perfect amount of light while providing a lavish atmosphere.

If you currently have a curtain rod installed, consider a simple DIY embellishment by spray painting it metallic gold or silver.

Daring decor

Dress your living room in daring designs with out-of-the-box patterns and bold colours. Throw pillows are a great option to consider if your living room is lacking those essential finishing touches. Pillows allow you to experiment with patterns, colour schemes and textures without committing to a complete design overhaul. You can make your own throw pillows using no-sew options such as fabric glue or iron-on adhesive.

Go bold and go home to a vibrant living space. ISTOCK

House Crashers

- For more inspiration on how to update your home, tune into House Crashers on Wednesdays at 9 p.m. ET/PT on DIY Network Canada.

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Hotel suite home

Inspired by your travel accommodations?
Recreate that deluxe comfort at home

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I'm a big believer that ideas and inspiration are everywhere, and if your mind is attuned, you'll always be inspired. Take, for example, my latest visit to Vancouver, where I enjoyed a short stay at the newly-refurbished OPUS Hotel, a home-away-from-home for those who love colour, design and style. Located in the very chic area of Yaletown, the hotel is surrounded by decor shops, restaurants and lounges.

This boutique hotel has a variety of decor-themed rooms that allow guests to experience anything from bad-boy funk to glam-star luxury. My favourite room was painted a juicy orange which brightened my day in contrast to the hazy grey spring weather that Vancouver presented outside.

If you're itching for some colour inspiration, then the OPUS hotel will truly inspire. Like the look? I've shopped for a few on-trend decor items to help get the look at home.

Extras that feel almost as good as room service

Turn your bedroom into an oasis with all the comforts of a chic hotel room:

- **Add a small-scale loveseat or chair if space allows. Mid-century modern furnishings tend to work well as they are smaller in scale.**
- **Include your very own single-serve brew system for those early mornings when you just can't face your roommates.**
- **Add double-duty furnishings like console tables, ottomans and beds that offer storage in small spaces.**
- **Get yourself a small fridge; there's nothing better than your own bottled water and snack station.**

A glamour OPUS worth imitating

Instant sunshine prevails with orange walls, funky pop-art and versatile, multi-use furnishings in the inspiring OPUS king room.

ALL PHOTOS CONTRIBUTED

Throw down some colour

The simplest way to add your favourite trend colour to a room is with throw pillows. Delano Striped Toss Cushion, $26, UrbanBarn.com

Bring versatility to the table

Versatile as a dressing table, desk or elongated night stand, a console table can be used anywhere in the home. Lack console, $60, Ikea.ca

Add a burst of sunshine

Perfect as a focal wall behind a bed or to paint the inside of your closet. Orange Burst 2015-20, BenjaminMoore.ca

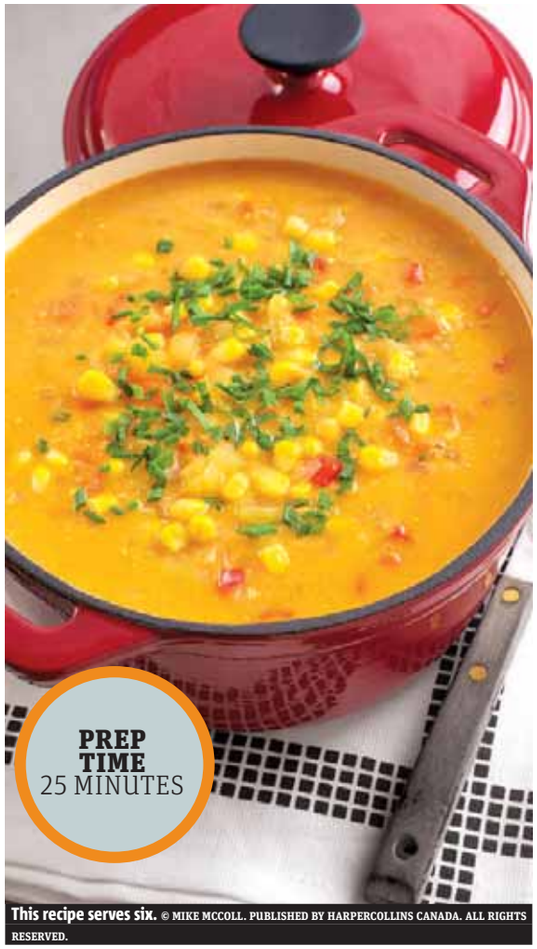
Bada-boom bada-baboonery

Be as bold with your art as you are with your wall colours. Baboon print, $170, CB2.com

Let a little light shine

Classic modern shapes in neutral colours means loving your accessories long after you are done with your decor scheme. Merrie Table Lamp, $275, CrateAndBarrel.com

A rousing ode to soup slurping



This recipe serves six. © MIKE MCCOLL. PUBLISHED BY HARPERCOLLINS CANADA. ALL RIGHTS RESERVED.

Dinner. This classic recipe replaces fatty ingredients and weighs in at 187 calories compared to the typical 533

"In this recipe, I replace the usual excessive amount of butter, bacon and cream with a respectable amount of olive oil, 1% milk and smoked paprika for smoky flavour without any calories," writes Jo Lusted in her book Dish Do-Over. "I also load this soup with veggies, making this a nutrient-dense version of the classic."

Ingredients

- 3 cups fresh corn kernels
- 4 cups low-sodium chicken stock
- 1 cup 1% milk or unsweetened plain almond milk
- 1 tbsp olive oil
- 1 yellow onion, diced
- 1 carrot, peeled and diced
- 1 celery rib, diced
- 2 garlic cloves
- 2 tsp chopped fresh thyme
- 1 tsp smoked paprika
- 1/4 cup brown rice flour
- 1 medium potato, diced
- 1 bay leaf
- 1 red bell pepper, diced
- 1 tbsp fresh lemon juice
- Hot sauce
- Sea salt and freshly ground
- Black pepper
- 2 tbsp chopped fresh flat-leaf parsley or chives

1. In a blender, purée 1 cup corn kernels and 1 cup each stock and milk until smooth. Set aside.

2. In a medium saucepan, heat oil over medium heat. Add onion, carrot, celery, garlic and thyme and cook, stirring frequently, until softened, about 6 minutes. Add paprika and flour and cook, stirring constantly, until fragrant, about 1 minute. Add potato, bay leaf and remaining 3 cups stock, increase heat to high and bring to a boil. Reduce heat to medium and simmer for 10 minutes or until potatoes are tender when pierced with a knife. [Make-ahead: Soup can be prepared to this point up to 48 hours in advance, covered and refrigerated. Warm soup over medium heat before proceeding with recipe.]

3. Stir in prepared corn purée, remaining 2 cups corn kernels and bell pepper and bring to a gentle simmer, about 5 minutes. Remove from heat, discard bay leaf and season with lemon juice, hot sauce, salt and pepper. Ladle into serving bowls and sprinkle with chives.

RECIPES FROM DISH DO-OVER © 2014 BY JO LUSTED (COLLINS, 2014

Cookbook of the Week

Slim down your faves; keep flavour

Depriving yourself of your favourite foods or going to an extreme you can't maintain are two reasons diets fail.

Chef Jo Lusted offers a solution to diet failures with her new book Dish Do-Over, in which she transforms so-called "guilty pleasures." Lusted's approach makes smart ingredient swaps and includes a "before and after" nutritional count. METRO

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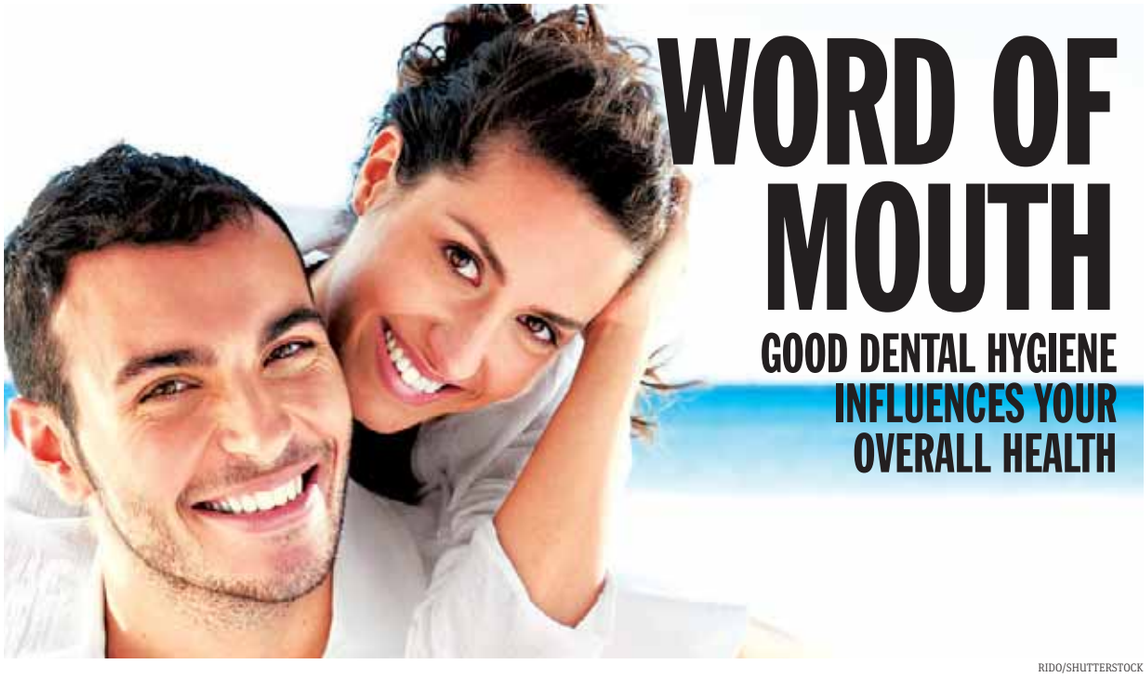

WORD OF MOUTH

GOOD DENTAL HYGIENE INFLUENCES YOUR OVERALL HEALTH

RIDO/SHUTTERSTOCK

Here's a tip — flossing regularly can boost your heart health. Surprised? Dentists aren't because they are welcoming more and more research showing that oral health largely influences our overall health.

"There are a lot of connections between oral health and disease, and the connection goes both ways," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Ottawa-based Canadian Dental Association. "Sometimes conditions in your mouth can impact your general health."

In 2013, researchers at the Columbia University's Mailman School of Public Health made the connection between gum disease and heart health — as gum disease improves, the rate that heart disease develops slows down. Another 2013 study published in Oral Health and Preventive Dentistry concluded that periodontal disease significantly increased the chances of giving birth to a low birth-weight infant.

While researchers and dentists agree there is a connection between oral health and chronic disease, what's difficult to determine is which influences what.

"It's difficult to know what's the chicken and what's the egg?" Soucy says. "It's hard to know when you see that same patients with both cardiovascular disease and periodontal disease to know why those things are paired like that and come to conclusions."

That said, it's generally agreed who is at risk for such health factors, starting with smokers.

"Tobacco use is one of the most significant risk factors in developing periodontal disease," says Dr. Stuart Froum, president of the Chicago-based American Academy of Periodontology.

Also at risk are those who have generally poor lifestyle habits, such as poor diets and high stress.

"These make it difficult for the body to fight off infection and periodontal disease begins as an infection," Froum says.

To help ward off chronic diseases, dentists encourage patients to improve their overall nutrition and exercise habits, as well maintaining their good oral hygiene habits.

– Astrid Van Den Broek

BE SURE TO PACK YOUR TOOTHBRUSH

Your travel documents are ready, your suitcase it packed and you are set to go. Or are you?

In your checklist of things to do before you travel, don't forget your oral health.

Dr. Peter Doig, president of the Canadian Dental Association, shares these tips before you leave on your next trip.

Check up? Check. "Leave home in good oral health — don't be travelling if you have any dental issues," Doig says. If it's almost time for your regular dental checkup, see your dentist before you leave town, especially if you plan to be away for a while or if you have dental concerns like sensitive teeth or bleeding gums.

Stock up. Some vacation destinations may not have the dental products you use. "Buy travel sizes and keep an extra set in your carry-on baggage in case you get separated from your checked luggage." Don't forget to pick up a toothbrush case to keep your brush clean while you travel.

Do you know where to go? In case of a dental emergency, you need to know who to see. "This is especially important in developing countries," Doig says. Ask your dentist, who can make inquiries for you.

Find out about your insurance plan. See if it covers dental emergencies while you are away, and purchase additional insurance if necessary.

WARREN GOLDSWAIN/SHUTTERSTOCK

Follow your oral care routine. Caring for your teeth shouldn't be any different when you are on vacation. Make sure you brush and floss regularly.

Watch the water. In some countries, you wouldn't dream of drinking the water. If you won't drink the water, you shouldn't brush with it, either. "Brush with bottled water if you are at all concerned about the water coming out of your tap."

– Michelle Williams

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HEALTHY, HAPPY SMILES

XIXINXING/SHUTTERSTOCK

April is Oral Health Month and a great time to think more about taking better care of teeth and gums.

"A smile is like a window to your body," says Dr. Travis Stork, a practising board-certified emergency medicine physician and an Emmy-nominated national television host. "As a doctor, I know that a healthy mouth is part of a healthy body."

Poor oral hygiene can cause bad breath and stained teeth, but it may also lead to gingivitis, an inflammation of the gums. Left untreated, gingivitis can cause more serious gum disease and even loss of teeth. At the same time, healthy teeth and gums make it easy for you to eat well and enjoy good food. And the health of your teeth can affect your self-image, too.

"I believe that good health comes with a healthy lifestyle, which includes staying active, eating healthy and taking care of oral health," Stork says.

Here are ways to keep teeth and gums healthy:

1 Reduce the amount of sugar in your diet — sugar is one of the main causes of dental problems. "I advise people to enjoy the natural sweetness of fruits and to cut out as much refined sugars as possible, like pop," Stork says.

2 Take time to brush, floss and rinse every single day. A good oral care routine, Stork says, includes brushing with an electric toothbrush for two minutes twice a day, flossing, and rinsing with an anti-septic mouthwash.

3 Use Crest Pro-Health Clinical toothpaste, Stork says. "It has been proven to help prevent and even reverse gingivitis and early stages of gum disease." It fights cavities, tartar, and plaque, whitens teeth, and helps freshen breath.

4 Visit the dentist twice a year (and your doctor once a year) for routine checkups. Besides having teeth cleaned, regular checkups can help uncover issues earlier when they are easier to treat.

5 Keep in mind that certain health conditions may require special care. For example, having diabetes or being pregnant increases the risk of gingivitis. Floss and brush regularly, and use Crest Pro-Health to help prevent and reverse gingivitis, Stork says. Speak to your dentist for more information.

6 Be a good role model to children. Just as being active together as a family is important, so is finding ways to teach children to make regular brushing and flossing a habit, too.

7 Avoid all tobacco products.

WAVEBREAKMEDIA/SHUTTERSTOCK

MAKE ORAL HEALTH A PRIORITY

Are you happy with your smile?

If you aren't it might be a good idea to start using a whitening toothpaste when you brush your teeth.

According to the Crest and Oral-B 2014 Great Canadian Smile Survey, 93 per cent of Canadian adults feel that having a white smile can impact the way other people perceive them and that can definitely affect the way you feel about yourself.

The survey revealed many other interesting insights into the oral hygiene habits and attitudes of Canadians.

For example, while eight in 10 Canadians say their dentist has recommended brushing, flossing and rinsing with mouthwash regularly, less than half — just 44 per cent — actually do it regularly. In fact, just three in 10 Canadians say they floss at least once a day.

What's also interesting is that Canadians might take better care of their teeth and gums if their doctor made it a priority. While three-quarters of Canadian adults trust the information their dentist provides regarding the impact oral care has on their overall health, half say that if their family doctor talked to them about their oral care they would take it more seriously.

In general, the majority of Canadians say oral health is an important part of their overall health. The survey showed almost two-thirds of Canadian adults say they have taken specific steps to improve their daily oral care routine in the last five years.

Furthermore, Canadian parents are also teaching their children that regular brushing is important. Seven in 10 parents with children younger than 12 have incorporated brushing for two full minutes twice a day as part of their child's daily oral care routine.

But only half take their children for regular checkups, one-third began flossing early in the child's life, and one-quarter have taught their child to rinse daily.

I WANT
A HEALTHY-LOOKING SMILE
SO I LOOK AS GOOD AS I FEEL

My smile is something I want to share for years to come. To help keep it healthy, I stick to my Pro-Health routine. And, as a result, I always get to show off my healthy smile.

1 FLOSS 2 BRUSH 3 RINSE

MY **PRO-HEALTH**™ ROUTINE

Crest® Pro-Health™ Multi Protection rinse helps prevent and reduce plaque and gingivitis. Crest® Pro-Health™ toothpaste fights cavities, plaque, tartar, gingivitis and tooth sensitivity. To ensure this product is right for you, always read and follow the label. ©2014 P&G

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SPORTS 4

Calgary short on options for big deals

THE HOCKEY NEWS
Brian Costello
calgary@metronews.ca

Mike Cammalleri is one of the Flames' small but skilled players who could be leaving Calgary. CLAUS ANDERSEN/GETTY IMAGES

Getting taller

Will Burke sacrifice one of his four mobile blueliners in order to get beefier? Besides Brooks Orpik, there's not a lot of size and snarl available on the UFA front.

The one common denominator in all of Brian Burke's interviews since taking over as acting GM is he wants the Calgary Flames to be bigger.

That's old news for the most part, but the more he talks about it, the more you realize the only way that's going to get done is through a trade, with one or more of Calgary's smaller, skilled guys going the other way.

Think about it: The Flames have been fuelled largely by their smallest players, Jiri Hudler, Mike Cammalleri and Kris Russell. Even the likes of Mikael Backlund, Matt Stajan, Mark Giordano, T.J. Brodie and Dennis Wideman aren't big by NHL standards. But if they, along with rookies Sean Monahan and Joe Colborne, are the core group of this team, who exactly will be replaced as bigger players come in?

At forward, Curtis Glencross is another keeper and David Jones is big, but not overly useful. Lance Bouma, T.J. Galiardi, Brian McGrattan and Kevin Westgarth are the big bodies, so are they all sticking around?

Burke has made a contract offer to keep Cammalleri, but it's probable he's moving on. Paul Byron is a UFA, but small. It would be a mistake not to retain him. And John Gaudreau is probably on his way in.

So does that mean a skill player such as Hudler or Backlund or 2011 first-rounder Sven Baertschi or Gaudreau is trade bait in order to acquire size?

On the blue-line, Calgary's top four average less than six feet. That's where size is needed the most. UFA Chris Butler is 6-foot-1, but plays smaller because he doesn't hit. Does he move on? Ladislav Smid is the behemoth at 6-foot-3, but is slow and shouldn't play above the third pairing.

Will Burke sacrifice one of his four mobile blue-liners in order to get beefier? Besides Brooks Orpik, there's not a lot of size and snarl available on the UFA front.

Scouts agree there's a drop-off after the top four prospects in the 2014 draft — Aaron Ekblad, Sam Reinhart, Sam Bennett and Leon Draisaitl (although scouts say Michael Dal Colle is closing the gap).

If the Flames finish fourth-last, their odds of picking first are 10.7 percent, fourth 58 percent and fifth 31.3 percent.

If Calgary passes the New York Islanders and finishes fifth-last, the Flames' odds of picking first are 8.1 percent, fifth 68.7 percent and sixth 23.2 percent. Go Islanders.

Relocation to Seattle

Group interested in moving NBA team, not NHL

The investor who attempted to purchase the Sacramento Kings and move them to Seattle says his investment group is solely focused on pursuing the NBA and is not interested in owning an NHL franchise.

Chris Hansen told The Associated Press on Wednesday that no one in his ownership group has interest in being the majority owner of a hockey franchise even as rumours continue to circulate about the NHL having interest in Seattle as a possible market in the future.

Hansen says the focus of his group is getting all environmental reviews finished on their proposed arena so that if an NBA franchise becomes available via sale or expansion, Seattle can be at the front of the line ready to go.

THE ASSOCIATED PRESS

NHL

Toews out for rest of regular season

Blackhawks captain Jonathan Toews will miss the rest of the regular season with an upper-body injury.

The team said Wednesday that coach Joel Quenneville expects Toews to be "100 per cent" for the playoffs.

Toews was injured after a hit by Penguins defenceman Brooks Orpik on Sunday night. Toews got up slowly and was seen holding his left arm on the bench before heading to the locker-room.

THE ASSOCIATED PRESS

Canada's Kevin Koe throws a stone during a match against Sweden at the world men's curling championship in Beijing on Wednesday.
ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Koe battling to reach playoffs

A win and a loss. Canadian skip and his Calgary team to face Germans and Scots in last round-robin action on Thursday

Canada's Kevin Koe is on the playoff bubble at the world men's curling championship after splitting his games Wednesday at Capital Gymnasium.

The veteran skip and his Calgary-based team beat Switzerland's Peter de Cruz 8-4 before dropping a 6-2 decision to Sweden's Oskar Eriksson in the evening draw.

"It's disappointing, that was a big game for us and we couldn't pull (it) out," said Koe.

"That's a tough one. Just one of those games where we would build a big end and he'd come up with a good shot and I couldn't answer.

"I had a few chances. I missed a triple for three (in the sixth end) and kind of miscalled the line again. Just one of those games — off by a couple inches."

Canada was tied with Switzerland at 6-3 after 14 draws of play. Norway's Thomas Ulsrud was in first place at 8-1 and Japan's Yusuke Morozumi was next at 7-2.

Round-robin play wraps up Thursday with Canada set to play Germany's Johnny Jahr and Scotland's Ewan MacDonald. The top four teams will make the playoffs.

Koe won gold at his only previous appearance at the 2010 world championship. THE CANADIAN PRESS

Quoted

"Our backs are against the wall and we just have to worry about making the playoffs."
Canada skip Kevin Koe

NBA. DeRozan pours in 29 points in Raptors win over Rockets in Toronto

The clock was ticking down and the Toronto Raptors were clutching a one-point lead. And Kyle Lowry, the player who has so often carried them down the stretch, was in the locker-room getting treatment for a sore and swollen knee.

But with DeMar DeRozan leading the way, the Raptors showed the resiliency that has become part of their make-up this season en route to a 107-103 victory over the Houston Rockets on Wednesday.

"Every win is great for us right now for what we're trying to do, especially with Kyle out and Amir (Johnson) out," said Raptors coach Dwane Casey. "Hopefully it gives our guys some confidence … guys who stepped in, to go where we need to go."

Johnson missed all but the first three minutes with an ankle injury.

DeRozan poured in 29 points, and was key in the fourth quarter, doling out a couple of assists and uncharacteristically taking a charge.

DeMar DeRozan in action Wednesday.
NATHAN DENETTE/THE CANADIAN PRESS

"Those are the winning plays that he's learning to make and he's making now, other than just scoring," Casey said. "He's doing a great job of scoring but there's so many other things when he plays those kinds of minutes, especially now with Kyle out, he's got to do a lot more."

Jonas Valanciunas and Greivis Vasquez added 15 points apiece, and Terrence Ross finished with 14 for the Raptors (43-32). THE CANADIAN PRESS

Heat host Bucks

LeBron James and Chris Bosh keep Miami on top

LeBron James scored 17 points, Chris Bosh added 15 and the Miami Heat stayed atop the Eastern Conference with a 96-77 win over the Milwaukee Bucks on Wednesday night.

Mario Chalmers added 14 for the Heat, who never trailed despite again being without Greg Oden, Dwyane Wade and Ray Allen. The win kept Miami percentage points (52-22) ahead of Indiana (53-23) in the East. THE ASSOCIATED PRESS

Nets visit Knicks

New York closer to last Eastern playoff spot

J.R. Smith had 24 points, eight rebounds and six assists, Carmelo Anthony added 23 points and 10 rebounds, and the New York Knicks beat the city rival Brooklyn Nets 110-81 Wednesday night to move percentage points ahead of Atlanta for the final Eastern Conference playoff spot.

Tim Hardaway Jr. scored 17 points a game after spraining his right ankle to help the Knicks win for the 12th time in 15 games.
THE ASSOCIATED PRESS

The Jays' Jose Bautista celebrates one of his two solo home runs against the Rays on Wednesday in St. Petersburg, Fla. BRIAN BLANCO/GETTY IMAGES

Bautista, Buehrle outmuscle Rays

The Toronto Blue Jays are on the verge of their best road trip to Tampa Bay in years.

Mark Buehrle allowed four hits over 8 2/3 innings, Jose Bautista homered twice, and the Blue Jays beat the Rays 3-0 on Wednesday night.

With a victory in Thursday night's game, Toronto would stop a streak of 20 consecutive winless road series against the Rays. The Blue Jays, who have won two of three against the Rays to start a four-game set, haven't won a series at Tampa Bay since April 2007. Of the 20 series, the Blue Jays have lost 19 and split one.

"Obviously, it hasn't been a good place for this team," Buehrle said. "Hopefully come out and take this series tomorrow and get off to an even better start."

Buehrle (1-0) struck out 11 and walked one.

"It was a tremendous game for him," Toronto manager John Gibbons said. "A great effort, I don't know how else to describe it."

Sergio Santos entered after Ben Zobrist had a two-out single off Buehrle in the ninth and walked Evan Longoria. Brett Cecil then struck out pinch-hitter Matt Joyce for his first save.

Bautista put the Blue Jays ahead 1-0 on his first homer of the season, a solo shot off Matt Moore (0-1) in the fourth. Dioner Navarro made it 2-0 later in the inning with an RBI single.

Toronto went up 3-0 on Bautista's second homer, a towering solo drive to left off Josh Lueke during the seventh, in his 22nd multihomer game.

Moore gave up two runs, six hits and three walks in 5 2/3 innings. THE ASSOCIATED PRESS

Shewfelt springs into Hall of Fame

Canadian Olympians. Calgarian among athletes, coaches, builders to be honoured in June

Kyle Shewfelt's Olympic gold medal in gymnastics shines bright a decade later because it is the first and only of its kind in Canada.

Unlike the Olympic champion who has a teammate or hero to follow or emulate, Shewfelt blazed his own trail to win the floor routine in 2004. He is the only Canadian to win an Olympic medal of any colour in gymnastics.

The Calgarian is among the athletes, builders and coaches who will be inducted into the Canadian Olympic Hall of Fame in June.

He'll join speedskater Cindy Klassen, the victorious men's eight rowing team of 2008, speedskating coach Marcel Lacroix, hockey coach Pat Quinn and the late, former Alberta premier Ralph Klein among the 2014 inductees.

Gymnast Kyle Shewfelt won a gold medal in the floor routine at the 2004 Summer Olympics. GETTY IMAGES FILE

Sports journalist Richard Garneau, who covered 23 Olympic Games, will receive the Canadian Olympic Order posthumously.

While Shewfelt agrees no Canadian beat a path to the podium for him, he didn't feel isolated in his quest.

"Why did it happen for me? I wasn't by myself," Shewfelt said. "I had tons of supporters, amazing teammates, my national federation was so supportive of the dream. They sent me around the world when I was 17 to get that experience. I just never wavered in my belief that it was possible.

"For myself, I wanted to take it to the next level and I guess it took a lot of courage for myself to do that, but it was something I was willing to risk. I knew as an athlete that when I ended by career, I wanted to look back and have no regrets. I had to chase the biggest dream possible."

THE CANADIAN PRESS

Thursday's Metro AR poll

DOUG PENSINGER/GETTY IMAGES

Hayley Wickenheiser revealed on Tuesday she has had a broken foot for the past year. That includes the time in which she led Team Canada to a gold medal at the Sochi Games. Scan the image above using your Metro News app to vote on the most courageous "playing hurt" moment in sports history.

Metro AR poll results

34% Metro News readers voted hockey player Mike Fisher and country singer Carrie Underwood the hottest couple in sports. Also shown love in the poll were the following twosomes:

24% Dustin Johnson and Paulina Gretzky

18% Cristiano Ronaldo and Irina Shayk

12% Dion Phaneuf and Elisha Cuthbert

6% Dwyane Wade and Gabrielle Union

6% Justin Verlander and Kate Upton

Mike Fisher and Carrie Underwood GETTY IMAGES FILE

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"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Horoscopes

♈ Aries
March 21 - April 20
See to it that you are rewarded for your efforts, especially on the work front where others may try to give you less than you deserve. You don't have to be aggressive but make sure you get what you are worth.

♉ Taurus
April 21 - May 21
The planets will make it easy for you to complete a task that needs to be out of the way right away. If you focus all your energy in one direction today, there is no telling what you might accomplish.

♊ Gemini
May 22 - June 21
Call it as you see it and don't worry about the reaction. Not everyone will be pleased that you're so open about the issues but it's their fault for backing ideas that are easily disproved.

♋ Cancer
June 22 - July 23
Try not to get angry with those who can't make up their minds as quickly as you. If you want to get things done, you will either have to go it alone or make alliances with those who share your hunger for success.

♌ Leo
July 24 - Aug. 23
You seem to be working harder than ever but are you working for yourself or others? That's the question you most need to ask today and if the answer is the latter you will need to make changes.

♍ Virgo
Aug. 24 - Sept. 23
If there is someone you would like to know better, let them see you are interested. If you make the right sort of move now, it could be the start of a beautiful friendship (or more).

♎ Libra
Sept. 24 - Oct. 23
Give partners and loved ones your support today, even if you have good reason to criticize. Whatever they may have done and however much it may have affected you, it was an honest mistake.

♏ Scorpio
Oct. 24 - Nov. 22
A relationship that has gone through some difficult times can be repaired but first you must ask yourself if that is what you truly desire. The Sun at odds with your ruler Pluto suggests you may be thinking of ending it once and for all.

♐ Sagittarius
Nov. 23 - Dec. 21
A new business venture can be a success but to make it work you will need to give everything to it. Is it worth the time and energy? Only you can decide. Just do it soon.

♑ Capricorn
Dec. 22 - Jan. 20
If you believe in yourself and work diligently towards a well defined goal there is no reason why your name should not be up in lights — and your bank balance blessed by a large input of cash.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun at odds with power planet Pluto today warns you must resist the temptation to go to extremes. If you overstep the mark at home or work you could end up paying a price.

♓ Pisces
Feb. 20 - March 20
If you want something today there is a chance someone will give it to you but you have got to ask directly. If you drop hints chances are they won't understand. **SALLY BROMPTON**

Weather

TODAY	FRIDAY	SATURDAY
MAX: 2° MIN: -8°	MAX: 9° MIN: 0°	MAX: 9° MIN: -4°

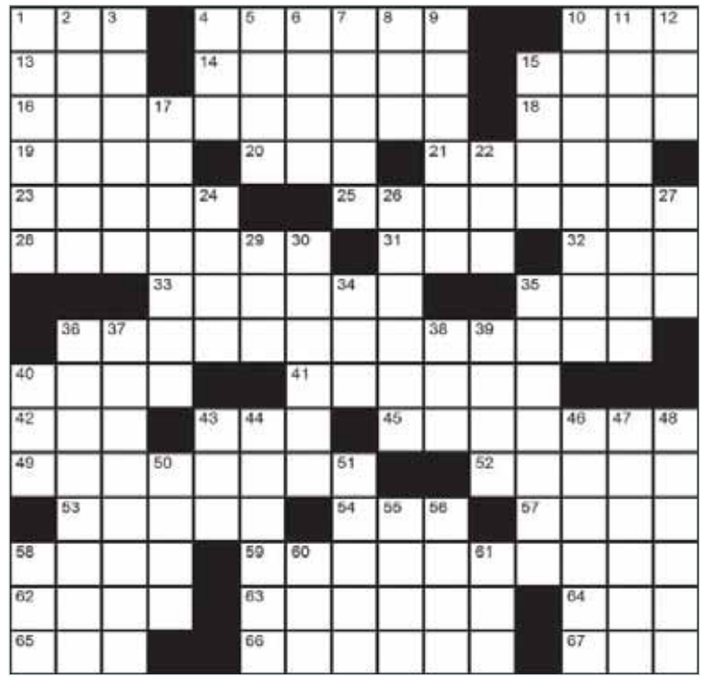
ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

BT BREAKFAST TELEVISION

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

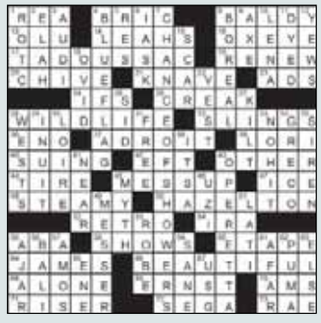
BY KELLY ANN BUCHANAN



Across
1. Got a glimpse
4. Mafia don's realm: 2 wds.
10. Police alert, commonly
13. Tel Aviv, __.
14. Having branches
15. Marianas island
16. Cate Blanchett role, __ _
18. Antelope type
19. __ _ good example
20. Lanka's lead
21. "Seven Years in __" (1997)
23. High School attendees
25. Edmonton, 'Canada's __ City'
28. Fruit sort
31. Camper's bed
32. Cube used for soups
33. Prehistoric tool
35. Nothing: French
36. CUPW = Canadian Union of __ __
40. __ vinegar
41. Vassals
42. Band-__
43. Compass dir.
45. Aerobics class device
49. __ __ circles (Concealer targets)
52. Socialite/hostess Ms. Mesta
53. Certain crown
54. Ronny & The Daytonas hit
57. Burden
58. __ messaging
59. Launched by a candidate in Toronto ahead of the big election there on October 27th, 2014: 2 wds.
62. Mr. Kristofferson
63. Baseball official's duty
64. WSW's opposite
65. 'Verb' suffix
66. Ritzy couch
67. Cave

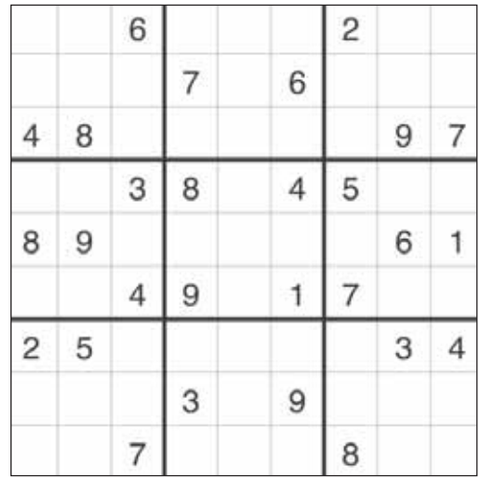
Down
1. Midday break
2. Isn't this in the Meg Ryan/Tom Hanks 'Seattle' movie
3. Novelist
4. "My Crew" Prod.
5. Montreal hockey players, to fans
6. Urgent situation, briefly
7. Recurring theme
8. Kyrgyzstan city
9. Shakespearean "Very well then...": 3 wds.
10. "Good-bye.", in Montreal: 2 wds.
11. It's guaranteed that everyone will do this and die: 2 wds.
12. Sporty bike
15. __ Desert
17. Most goofballish
22. TV Cousin
24. Kilt wearer
26. The Wilderness of Manitoba album: 'Island of __'
27. Mr. Chaney Jr.
29. 'Motor' suffix
30. Canadian-made 'World's Best Hat'
34. Prefix to 'light'
35. Make a typo ...then figure out the word's right letters
36. The Group of Seven
37. "The Night They Drove __ __ Down" by The Band
38. Mil. unit
39. Retain
40. Egyptian __ (Cat breed)
43. Be mistaken
44. Canadian broadcaster Mr. O'Regan
46. Investigated
47. Julia Louis-Dreyfus role
48. Blush
50. Chows
51. Country in Africa
55. "Jump __ __!" (Hurry!)
56. River in Normandy
58. Boxing stat.
60. Soul: French
61. Ripen

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	9	8	5	4	6	1	2	7
1	6	7	2	9	3	5	8	4
5	4	2	7	8	1	6	9	3
8	5	4	9	6	7	2	3	1
9	7	3	1	2	5	4	6	8
6	2	1	4	3	8	7	5	9
2	1	9	3	5	4	8	7	6
7	3	6	8	1	2	9	4	5
4	8	5	6	7	9	3	1	2

“For me, it’s not about winning awards. It’s about ensuring quality in everything we do.”

Alex Campbell, P. Eng.
Founder

TORONTO, April 1, 2014 – Founder Alex Campbell (left) receives Vista’s 2013 Canada’s Best Managed Companies award at a gala to honour winners of the country’s leading business awards program.

I founded Vista to build an engineering firm that does right by our people so they can focus on producing high quality work for our clients. 28 years later, Vista is one of the largest independently owned engineering providers in Western Canada and we work on some of the most successful projects in the oil sands. I’m proud that we’ve been recognized as a top Canadian employer five years in a row and as one of Canada’s Best Managed Companies. But what matters most is that our focus on quality people doing quality engineering will never change.

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